

Kent AC Newsletter

Number 62

Summer 2017

Amy goes to Doha

Kent AC's Amy Clements won individual and team medals on her Team GB debut at the International Union of Ultrarunners World 50k Championship in Doha, Qatar on 11th November 2016. Amy ran 3:26:17, moving steadily through the field to finish behind Kenya's Risper Kimaiyo and Germany's Nele Alder-Baerens to secure a Bronze medal.

Amy also led her team mates on to a Team Gold over a course of ten consecutive 5km loops, with USA in second place and Croatia in third.

Amy is pictured below (second from left) along with Rebecca Hilland, Samantha Amend and Hannah Oldroyd.



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Kent AC is one of South London's top athletics and running clubs. We cater for both men and women, juniors and seniors, and all levels from parkrun improvers to Olympians.

We are based at Ladywell Arena, near to Lewisham Hospital and 15 mins from Central London by train. We regularly compete on road, cross-country and track & field.

We have been in existence since 1898 and are still getting stronger!

Surrey League Cross Country - Men

It was another successful season for Kent AC men over the country, with the club winning the Surrey League Division One for the 5th year in a row, as Ken Pike and Andrew Gardiner report.

Race 1: Richmond, October 15 2016

Whilst we had the overwhelming majority of our main guys unavailable the club stepped up to the mark with our B team athletes and secured a highly creditable 3rd place in the League's opening fixture.

We were led home by second claimer Phil Sesemann who ran really well after a steady start and made inroads on the eventual winner enabling him to pull clear of the rest of the lead group to seal a fine performance with 2nd place as a reward. One of our stalwarts, Neil Phillips showed what a good performer he is in this league with a fine run to seal 13th spot – all despite a cold which hindered his performance.

Next up was an excellent run from new recruit, Rowan Crichton, who ran really well and moved through the field to an excellent 25th place. Next home with a great run was Jonathan Tipper, also making his Surrey League debut, in a fine 28th place, followed by another of our B group, Peter Lighting. Finishing in 30th place he showed just what a good racer he is with this performance.

Another new boy was just behind him in 32nd place as Anthony Johnson also delivered the goods in his first run back after several months injured. Someone known to us for several years but who has just joined the club, Adrian Lowther, then sealed a fine engine room performance from the team as he came home in 36th place.

Another guy who is now training regularly with the other

guys in the B group is an undoubted talent and Ben Hope showed that he is on the way back with an excellent run in 39th place. Further down another new boy to the club, Daniel Ansell, gave us some idea of what he can do as he moved through the field to secure 55th place. The last scoring position was taken up by someone who has been with us for all our Surrey League campaigns right from Div 4, Phil Sanders, who moved through the field taking 30 places to seal a fine 56th place.

We were backed up well just behind our last A team scorer with Tim Alexander in 60th place, then new recruit Asa Burnett, who is making remarkable progress, in 61st place and another new recruit, Chris Minns, in 62nd place to give us excellent backing.

We had a near record turnout of 28 runners and our second lot of 10 runners secured the reward of leading B team in a new competition to seal a pleasing day

(Ken Pike)

Race 2: Coulsdon, November 2 2016

After the disappointment of being pushed back into third place in the opening Surrey League fixture, Kent AC came out fighting with a terrific performance in the second fixture hosted by South London Harriers on their home patch at Coulsdon.

Prior to the race supporters were cheered to see that talisman, John Gilbert, was back in action for the club. We



Kent AC Men at Richmond for start of Surrey League 2016-17 season

were also pleased to see that second claim, but long term associate of the club, Richard Phillips, was turning out for us. There was a another boost to morale when we learnt just before the race that Richard's fellow Serpie, Nick Torry, was also running for us. Nick's someone who has a history of turning out for Kent and is a real class act over both road and country. The team looked to have a really strong feel about it and so it proved.

Before the race started, runners observed a minute's silence in memory of Lucy Pygott and Stacey Burrows, two young Aldershot runners killed after being hit by a car while out running earlier in the week.



Soon after the start it was great to see John Gilbert had already surged to the front and was pushing the pace in typical John style. Although perhaps not able to train to full capacity at the moment, John's fighting spirit was in evidence.

After holding the lead for a while he slipped back as eventual winner John Pepper, running for Ranelagh, surged into the lead and took control of the race. After a tricky patch John got right back into contention and was up to second before being overhauled during the long run in. Nevertheless his fourth place finish was heartening given that training has been pretty patchy over the last few months. As it turned out, we had the second place finisher in the shape of Nick Torry. Nick showed his class by starting very conservatively and then worked his way right the way through the field with a really strong second half performance. Then true to one of his pre-race predictions, Neil Phillips had a top ten finish, an impressive eighth place. The "other" Phillips, Richard, was not far back in tenth.

Our fifth scorer had to be a candidate for performance of the day – although this would be a close call as there were a number of strong contenders. Jordan Weaver is someone new to me and amazingly someone new to serious running. As someone with next to no experience he ran a really clever race. And it was also noted that he has an impressive finish on him. Our next two scorers were Ben Hope and James Bowler securing 19th and 20th

slot. Post-race Ben was extolling the virtues of serious training –obviously something that he's been doing of late. And after having to miss the opening fixture it was great to have James back making a more than useful contribution to the team effort. Next in for the team was Pete Lighting with a 25th place finish. Unfortunately a few rivals got the better of him in the run in, but another terrific run. Just missing out on a top thirty finish was the fast finishing Daniel Ansell, home in 31st place.

Closing the team just outside the top forty with a very creditable run was Tim Lawrence, securing 42nd place. There were a whole host of strong runs outside the scoring team and they can be seen in the results. But a brief mention must go to Ron Taylor who was having one of his best runs over the country for the club. He took a nasty tumble which probably affected his eventual finishing position, but it was still a really good run. Then you can't keep a good man down! Captain Beaney has to get a mention – not only for his work beforehand in trying to ensure we got a strong team out, but also for a considerable improvement from the first fixture 57th, on the day, and to his considerable satisfaction getting the better of Tim Alexander.

(Andy Gardiner)

Race 3: Mitcham Common, January 14 2017

Pre race it looked a good team on paper – and so it proved when it came to the race. With the returning Chris Greenwood, along with two excellent second claimers the team certainly had a strong look about it. And in the race the team proceeded to prove just how strong by coming away with a convincing win.

It might not be everybody's favorite course, but Mitcham Common has something about it that's quite appealing. Although quite a short course, most runners felt it has enough variety to make it a true test.

One wondered beforehand how much the previous week's county victory had taken out of John Gilbert as by any standard it had been a tough race. However, there didn't seem to be much of a hang over as he was soon disputing the early lead with Clapham's Andy Maud. Interestingly Maud had chosen to run the Surrey League rather than represent Highgate, now his first claim club, in the Met league. Having come to running relatively late Maud has made a real impact. John was disputing the lead in the early stages, but with his deceptively easy style Maud was able to pull away around mid race. John held second behind a chasing pack that included previous league winner, John Pepper.



Andy Maud and John Gilbert

Also up in the leading group for much of the race was Max Nicholls, who the previous week had been battling it out with John in the Kent County race. Although Max is a Tonbridge 1st claimer he often trains with Ken's group and his association with us goes back some while. For much of the race Max was vying for third or fourth. In the end he was overhauled by a couple of runners. But nevertheless seventh place was an impressive Surrey league debut.

Behind Max was Richard Phillips again making a terrific contribution to our cause. For a while Richard was running with Neil Phillips (no relation) but Richard really pushed on in the last quarter to finish a fine 8th. Then it was the turn of the returning hero – well some might say that. Yes, making a welcome return to the fray was Chris Greenwood after being sidelined by injury and perhaps a period of what might be termed contemplation. Chris showed he's lost none of his racing nous by starting fairly conservatively and coming right through for 11th spot. Our fifth scorer in (13th) was the ever reliable Neil Phillips. Only just outside the top twenty (21st) was Jordan Weaver providing further proof of what a great find he is for the club.

Our seventh and eighth scorers are both on the come back trail after injury and the pair – Gareth Anderson (27th) and Ben Harding (28th) – had extremely encouraging runs. Then closing the team in were James Bowler (34th) and Jonathan Tipper (35th).

Unsurprisingly, having three in the first ten and closing the team at 34 meant a very clear cut victory. In addition

to the victory we also had cause to celebrate the fact that a record number of runners turned out in a Surrey League race – an incredible 36. A brief perusal of the full results will show the quality of the runs of many of those in our colours who didn't make the scoring ten.

Teams: 1. Kent; 2. Ranelagh Harriers; 3. Thames Hare & Hounds.

(Andy Gardiner).

Race 4: Wimbledon Common, February 11 2017

Yes, we did it. At Wimbledon Common in the final fixture we got over the line to secure Kent AC's fifth consecutive Surrey League Division 1 win.

Although missing talisman John Gilbert along with that other notable absentee, skipper Stuart Beaney, the depleted team did the club proud, battling hard to ensure that we were able to score the required points in the face of very determined opposition.

We were fortunate to have a big lead going into the fixture, as while we were several runners down, our rivals seemed to have exceptionally strong teams out for the last race. Hercules Wimbledon, Thames and Ranelagh were particularly strong on the day and we were pushed down to fifth place in this fixture – a few points down on Herne Hill who were fourth. The result certainly gives food for thought for next season, but the main thing from the club's point of view was that our points total was still enough to keep the others at bay.

In the absence of John, we were again led home by Neil Phillips. As I've mentioned previously, Neil has been terrifically consistent for us, and Saturday's performance (he came in at 10th) again underlined his importance to the team. Not far behind Neil and sporting his familiar winter gear of hat and gloves was Chris Greenwood (13th), perhaps showing a glimpse of the form that brought him such exceptional results in previous seasons.

Our third man home with his best race of the series was James Bowler, who came in at two places behind Chris. Fourth scorer Richard Phillips (23rd) is a second claimer who we certainly owe a debt of gratitude to. Richard has performed well for us in three of the four fixtures and in the last fixture his contribution was vital. The sight of Ben Harding (30th) putting every last ounce in during the closing stretch of the race showed how much this race meant.

There was a bit of gap before Gareth Anderson came home in 45th. Gareth's another runner who seems to have had more than his share of injury misfortune. The

last few races, though, seem to indicate that he may have turned the corner. Tim Lawrence was just outside the top 50 (coming in at 53rd). Then it is great to report that two improving runners – Joe Hartley (55th) and Niall Robinson – were in the scoring ten. Our final scorer, as he was at Parliament Hill, was Phil Sanders (59th). Also of note was the fact that over the four race series, Phil was second V40.

In addition to the scoring 10, it's only right to mention the runners who also represented the club at the end of our winning season: Jack Murphy (83rd), Tom Muddiman (88th), Chris Minns (90th), Matthew Moroney (93rd), Che Compton (103rd), Tim Alexander, (107th), Arif Merali (131st), Ian Ellwood (138th), Paul Crompton (159th), Gary Boodhna (162nd), Bernie Hutchinson (172nd) and Neil Gordon Orr (175th).

So it's tremendous that we have managed five consecutive league titles, but perhaps not the most straightforward way of going about winning it this season. Off to a bit of a shaky start at Richmond, then two convincing wins followed by a depleted squad doing enough to make sure we managed to get to the winning post.

The strength of the opposition on Saturday, together with a reinvigorated Belgrave, suggests we'll have to be at the top of our game if we are going to achieve a sixth win next season. However, for the moment let's just reflect on the achievement of five in a row and congratulate the guys who ran hard to make it possible. *(Andy Gardiner)*

Season positions/points: 1. Kent AC 1037; 2. Hercules Wimbledon 1204; 3. Ranelagh Harriers 1260.

Surrey League Cross Country (women)

Kent AC women started the season having been promoted to the first division, and held on over a tough season to earn another year at the top level.

Race 1: Nonsuch Park, October 15 2016

The first race of the season was hosted by Epsom and Ewell Harriers, with 455 runners taking part in a race that combined a Division 1 and Division 2 match. It was a challenging day for Kent in the absence through injury and other factors of some of the club's faster runners, while some of those who did run were still returning to form following injury. Although Amy Clements was first home by a five second margin from Steph McCall (SLH), the team finished in 18th place, with our other scorers including Laura McCrave (85th), Lydia Blackmore (105th), Andrea Barber (108th) and Ronnie Haydon (149th). Still this was a race where the position of every runner counted, and all those who scored helped earn valuable points that were to prove vital at the end of the season.

Race 2: Mitcham Common, December 3 2016

The team finished in 7th place at Mitcham Common over a course which features a number of artificially landscaped hills. Amy finished in 4th place, followed by U20 runner Isabel Bradley in 15th place who finished more than 20 seconds ahead of the UK's 2nd fastest marathon runner of all time, Mara Yamauhci. Also scoring for the A team were Andrea Barber (58th). Lydia Blackmore (65th) and Beth Shakespeare (87th).

Race 3: Lloyd Park, January 14 2017

The first cross country race of 2017 saw Kent AC women secure 11th place in Croydon's Lloyd Park in a race won by South London Harriers. Amy Clements (9th), Jane Higgs (40th), Alexa Parker (51st), Isabel Bradley (60th) and Kate Williams (81st) scored for the A team. For the first time this season, Kent also had another five finishers to make up a full B team - Beth Shakespeare, Laura McCrave, Zuzana Nemeckova, Nicola Cartlidge and Carol Grady.



Kate Williams and Beth Shakespeare in Lloyd Park

Race 4: Coulsdon, Feb 11 2017

It was all to play for going into the final fixture of the season, with the club needing a strong performance to avoid relegation and secure a second season in Division One.

There was a great turnout in very inhospitable conditions, with snow on the ground and quite a blizzard blowing for some of the race. What's more the high numbers taking part required that the course be moved from the Farthing Downs route run by the men earlier in the season to the more remote Happy Valley route.



In the end it was the best result of the year, with the club finishing in 5th place. Amy Clements finished in 2nd place being held off by 1st place by Epsom and Ewell's Isabel Brindsden. Jane Higgs came through in 19th place, followed by Isabel Bradley (38th). A fast finish from Victoria Buck saw her move up a few places in the last few hundred yards to 58th, with Kate Williams completing the A team scoring in 100th place.



Jane Higgs

The League was won by South London Harriers, with Belgrave Harriers runners up and Thames Hare and Hounds in third. Kent's 11th position was enough to stay up, with only a three point margin separating us from Reigate Priory who were relegated along with West 4 Harriers. This just shows how important fighting for every place is in such competitions - if over the course of the season just four runners had slipped by one place, Kent could have gone down.

Women's cross country round up

A huge thank you to everyone who got covered in mud, ran up numerous hills and who represented the club. We have had our best season to date (whilst in the 12 years I have been at the club) and I am so proud of what the women's team has achieved. Also a huge thank you to coaches Pete, Adrian, Sarah, Adele and Ted. Below is a brief summary of the season:

- In the Surrey League, this was our first year in division one after having moved up from division two. The team came 11th after a remarkable last gasp team effort at the last fixture in the snow at happy valley. Quote from Pete "Next year we should be looking to be top 3 with full teams"! Congratulations to Amy Clements who was joint individual winner of the league and Isabel Bradely who won u20 category outright.
- Kent Counties at Brands Hatch - Team 1st 3 and 6 to score, 5 runners in top 20 ! Amy silver medal.
- Kent County Masters - team silver for V40s and V45s teams.
- The Southern's saw us placed 10th at Parliament hill with Isabel 14th in u 20s.
- The National Champs in Nottingham saw our best ever turn out plus finishing 12th team which was fantastic! Isabel has an amazing run coming 52nd.
- South of Thames junior. Polesdon Lacey - team 1st.
- South of Thames senior, Beckenham - team 2nd; Amy won gold !
- Four Kent AC athletes picked for Kent county team for inter counties: Isabel, Amy, Jen and Teresa.
- We must not forget our ever growing girls team who again had their best season to date (see round up on page 30).

Thank you once again and if you would like to join us next season it would be great to have you on board. NO EXPERIENCE NECESSARY – JUST A LOVE OF RUNNING.

Ellie Brown, Women's cross country manager

South of the Thames Cross Country

South of the Thames Five Mile Race, Polesden Lacey, November 26 2016

Kent AC team had a successful day at the South of the Thames Five Mile Cross Country race (formerly known for historical reasons as the South of Thames Junior). The senior women's team won their competition, thank to top twenty finishes by Amy Clements (3rd), Teresa Murphy (7th), Isabel Bradley (9th) and Jen Smith (16th).

The men's team finished in second place to Belgrave Harriers, but did secure the Brent Shield for the best score for each club's first eight finishers. In a race won by Phil Wicks of Belgrave Harriers, Neil Phillips was first home for Kent AC in 6th place, followed by Pete Lighting (14th), Rowan Crichton (16th) and Daniel Ansell (17th). The remaining four in the 'eight to score' were Phil Sanders, Adrian Lowther, Tim Lawrence, and Callum Fraser who finished one after the other in 25th, 26th, 27th and 28th places. Dave Morgan also ran in a Kent vest, finishing in 11th place, but as a guest runner belonging to another club his result did not count towards the scores.

300 runners took part in the challenging 5 mile race in the grounds of the National Trust estate near Dorking in Surrey.

South of the Thames 7.5 Mile Race, Beckenham, December 17 2016

The men's team scored an impressive team victory in the South of the Thames Senior race, while the women's team – led home in convincing style by Amy Clements – came a fine second place in the team stakes.

The club's victory this year seemed particularly fitting as it was held on what many of the club's more mature members regard as their home course, Beckenham Place Park. The guys who designed the course and marked it out on the day had all clocked up many miles around it in their heyday. Well, those who had a heyday!

The men's race proved to be a demonstration of Kent AC's strength in depth. The men's team won a fairly tight contest, getting the better of a pretty strong Tonbridge team. In addition to a very strong scoring six, we also had a 'B' team finishing fifth, a C team finishing seventh and a

D team finishing eleventh. Amazingly, we also laid claim to an 'E' team, who had two clubs behind them.

In terms of the men's race, special mention must go to Owen Hind, vacationing from West Texas University and taking in some races for us while he's home. As many of you know, Owen has gone over to the States to take up the challenge of combining running with academic study, and the move certainly appears to be paying off. He's had some very encouraging results in his first term, boasting some excellent finishes and posting some fast times.



Owen Hind runs across the fairway

In this race he had the courage to try and match the pace of the race winner, Belgrave's Phil Wicks. While Owen couldn't hold the relentless pace of Wicks for too long, his second place was a terrific result. Phil Wicks has been in sparkling form of late, winning the South of the Thames Junior at a canter and then running a seriously fast five miler. For Owen to be just over half a minute down on Wicks over seven and a half miles is testimony to how he's come on in just a few short months in the States.

In a battling fourth place was John Gilbert. John is still some way off the form of previous seasons when he was almost invincible over the country, but as always with John you get a hundred and ten percent effort. For a large part of the second lap John was being pursued by Tonbridge's Ben Cole, yet with characteristic grit and determination held him off.

Third man home was Mr Consistency himself, Neil Phillips. After the Surrey League at Coulsdon I commented on how fortunate for the club that Jordan Weaver had turned up at Ladywell. The Surrey League had shown how talented he is and this race provided further confirmation, with Jordan just one place off a top ten finish in a high quality field – an incredible achievement for someone with no background in running. Johnathan Tipper had an excellent run to come home in 20th.

Then in the six to score, our final scorer was that canny operator Phil Sanders – no doubt pleased to get the better of his training partners. Phil was 25th and not far off getting the medal that is awarded for first V40 in the race. As well as winning the six to score competition we also comfortably retained the Coleman Cup for the 12 to score – and breathed a collective sigh of relief as up until the eve of the race, nobody could remember where the trophy actually was (its grand location turned out to have been a cupboard at the cricket club).



Messrs Tipper, Gilbert, Sanders, Beaney, Bowler and Phillips

Making up the 12 to score were Pete Lighting (26th), Rob Laing (27th), Stuart Beaney (30th), Daniel Stauber (32nd), Rowan Crichton (36th) and James Bowler (39th). But as can be seen by a look at the full results, there was also a number of really strong runs from Kent runners who are both relatively new to the club and, in some cases, new to cross country running.

As mentioned, Amy Clements was a convincing winner of the women's race – in fact coming in over a minute clear of the second placed Tonbridge runner who Amy has previously had some good battles with. A few weeks previously Amy had been fifth in the women's Surrey League. However, that race was only around 6k and she was headed on that day by some young track speedsters. The Beckenham race being over seven miles appeared far more to Amy's liking.



Lydia Blackmore, Victoria Buck, Teresa Murphy, Amy Clements and Jennifer Smith

Amy was followed by Teresa Murphy in 9th place and Jennifer Smith in 12th, with Ali Farrall (24th), Victoria Buck (25th) and Lydia Blackmore (27th) finishing in a 30 second burst to complete the six scorers – and secure 2nd place for the team behind victorious Belgrave and a good margin away from third place Dulwich.

National Cross Country Championships

The 2017 English National Cross Country Championships took place on Saturday February 25th at Wollaton Park in Nottingham. The course was decidedly 'interesting', a spiralling series of loops each slightly longer than the last. There were a number of photogenic water and mud features, where many tumbled and some lost shoes, and a climb up to Wollaton Hall. The Hall features in The Dark Knight Rises movie as Wayne Manor, but there were no batman costumes in this race - it was no fun run!

Kent AC men had some fine individual runs helping the team to a highly creditable 11th place in the team standings. Although we were behind the inevitably strong Highgate (7th) and one behind Serpentine, we were still ahead of many of our usual rivals – including our Surrey league adversaries. Placing just outside the top ten without the services of John Gilbert has to be viewed as a seriously good result. However, plaudits must go to Kent County Champions, Tonbridge, who won the team contest for the first time in their history.

The organisers had changed the course considerably from the one used in 2014. This time a mixture of heavy mud with a sprinkling of ditches made the course something of a challenge. First man for Kent was Russell Bentley, coming home in 68th. Russell, currently in the midst of heavy marathon training, made a very steady start before passing large numbers during the second half of the race.

Our next man home was the “find” of the season, Jordan Weaver. In previous reports I’ve mentioned how Jordan, a relative novice in running terms, seems to possess real talent. This year’s National where he finished just outside the top 100 (105th), provided further confirmation. To anyone who knows about running, a position of around a hundred in the National earns much respect.



On our way to Nottingham - changing trains at Tadworth

Apparently for much of the race Jordan had been following Chris Greenwood, who like Russell had started rather cautiously before moving up a gear and passing a good many runners on his way to the finish. At the finish a few seconds separated them, with Chris coming in at 110th.

Our fourth scorer was the guy who's really been the mainstay of our team this season, Neil Phillips. He was around 20 seconds back, finishing 125th. Our fifth and sixth scorers were Ben Harding (200th) and James Bowler (226th). Outside the scoring six there were a number of noteworthy runs – Tim Alexander's in particular. He well and truly secured the bragging rights over his 'B' group teammates. Following on from Tim there was a very close contest that resulted in Joe Hartley (293rd) just getting the better of Tim Lawrence (294th). Matt Moroney (519th), had a very solid race with some good standard runners behind him. And then perhaps a mention to the two long standing members who have racked up a considerable number of Nationals between them – Len Reilly and Mick Barlow. Considering that he's been nursing injuries, Len achieved a respectable finish, while Mick was no doubt highly competitive in the beer consumption stakes. Which brings me on to the fact that although Party Boy Beaney was missed; my sources tell me he'd better watch out. It seems that not just one, but two of our number fulfilled Party Boy's role in the post-race celebrations with admirable gusto – step forward with a round of Jager Bombs Rowan Crichton and Tim Lawrence.

Kent AC Women best ever performance

Fittingly, with the best ever turnout by Kent AC Women, the team secured by far their best finishing spot in this year's National. They were a fine 12th team out of 93 completed teams and like their male counterparts they were ahead of all their local rivals. In the women's team event it's just four to score. However, as well as having a fine scoring four there were some excellent performances from other team members.

In a field that perhaps had a bit more depth to it than last year, Amy Clements ran strongly to finish 34th, ahead of some top quality runners. Our next two runners appeared to be well matched over this distance. After a close contest, Sarah Hanley (143rd) was just ahead by a mere three seconds of Teresa Murphy (146th). Then only just over 20 seconds behind Teresa was Jen Smith (157th) with another fine run. As mentioned, as well as the excellent scoring four, there were lots of other commendable performances. Other Kent women who made it a special day include Jane Higgs (170), Victoria Buck (235), Eliza Grant (292), Kate Williams (312), Lydia Blackmore (324), Sarah Young (403), Ellie Brown (477), Kathy Sharpe (754) and Annabelle Hadlow (758). Apologies if failing eyesight has meant I've missed anyone from the roll of honour.

Prior to the senior race, Isabel Bradley ran really well in the Junior Women's race. Isabel has been running

strongly in the Surrey League this season, and here she was just outside the top 50, coming home in 52nd.

Juniors Gains Valuable Experience

As well as a large number of senior athletes, this year Kent AC had a number of junior athletes who made the journey to Nottingham.

In what can be an intimidating environment, I'm sure they will have gained valuable experience. Again, there was another first for Kent AC, in that we actually had an Under

13 team representing the club. This race is an unforgiving one, but I am sure the boys will have benefited from the tough challenge they encountered. The four who made up our team were Lucas Zurdo (261), Jude Weekly (269), Guy Barnett (384) and Oscar Zurdo (421). Then in the Under 15 race, Ollie Bright showed that he looks to have a promising future in the sport. He came just outside the top twenty (22nd), in what is always a large and hugely competitive field. A lot of good senior athletes around today never finished as high as 22nd when they were juniors.

(Andy Gardiner)



Left to Right - Annabelle Hadlow, Sarah Young, Eliza Grant, Teresa Murphy, Alison Thomson (injured so not running), Ellie Brown, Victoria Buck, Lydia Blackmore, Sarah Hanley, Amy Clements, Kathy Sharpe, Jen Smith, Kate Williams

Kent County Cross Country Championships

Kent AC women won both the three and the six to score team competitions at the Kent County Cross Championships at Brands Hatch on 7 January 2017. On the men's side, John Gilbert secured his place in the history books by claiming his 6th county title.

The men were first up, with John Gilbert as usual cutting out the early pace. For much of the race John was accompanied by Tonbridge's Max Nicholls, a runner he'd had a tremendous tussle with last year. For a good part of the race it looked as though it was going to be between these two again. However, it seemed the effort Max was

putting in to try and shake John off took its toll and he eventually dropped back, only for another young Tonbridge runner, George Duggan, to take up the challenge against John.

For a while, it looked as though he might succeed. He put John under pressure and for a brief period even took the lead and forced a bit of a gap. But one thing that Gilbert watchers know is that you should never underestimate his determination and immense will power. He clawed his way back and then towards the end of the race put a burst on a hill section that gave him a decent gap on his

Tonbridge rival – one that he was able to hold until the finish. It's likely that John chose the right time to make his move as Duggan has impressive 1500m speed. It seemed that forcing the gap when John did left his young rival unable to capitalise on his track speed at the end of the race. As has often been the case this season, our 2nd man home was Neil Phillips. He looked as though he had a couple of bad patches during the race but hung in for another highly credible top ten finish.

Behind Neil (9th) was the fast finishing second claimer David Morgan (15th). For much of the race David was running with Jonathan Tipper, but got away from him in the latter stages, once again proving his ability to judge a race well. Jonathan's finish (19th) was nevertheless an excellent run. The two scorers who made up the six were Phil Sanders (23rd) and Chris Minns (33rd). Phil looked strong throughout and was first V40 in the race, while Chris had probably his best race for us since joining from Beckenham.

As per usual there was familiar 'B' group rivalry in evidence amongst those who made up the scoring twelve. Tim Lawrence (34th) was ahead in the battle of the Tims, but then Tim Alexander (36th) was no doubt pleased to get the better of Stuart Beaney. Stuart was just behind however, finishing inside 40 at (38). And when the field was a strong one, as by most people's reckoning it was, inside 40 should be considered a pretty good run. Just inside 50 was Ron Taylor (48th). Ron had a very good mid-race section when he was overtaking runners, although towards the finish he looked as though the end couldn't come soon enough. Our final two in the 12 to score – both putting in impressive runs – were Joe Hartley (51st) and Barney Day (57th).

It was always going to be a big ask to get the better of Tonbridge in the team event, and so it proved. They are always strong opposition, but when some of their talented younger athletes haven't gone back to university they're perhaps even more formidable. However, with John securing victory again, coupled with team silver in both the six and twelve to score, it has to be regarded as

a satisfying day.

Our women, meanwhile, managed to win both the three and six to score in what was an extremely tight contest. In the three to score we won by a very narrow margin – a mere two points ahead of Tonbridge, while they in turn were just two points better than Paddock Wood in 3rd. However, in the six to score our margin of victory was a fairly comfortable one. Just like last year, Amy Clements was second in the race to a Tonbridge runner. This time it was a young runner with whom Amy has had a number of close races with, Tonbridge's Lucy Reid.

At the recent South of the Thames race, Amy was well ahead of Reid, but I believe Reid had been coming back from injury and in the intervening weeks had clearly made some fitness gains. Although Amy put everything into her run, she'd been a little below par in the lead up to the race which may have meant that after battling it out for over half the course, she just couldn't respond when Reid turned the screw to establish a gap that ultimately couldn't be closed.

Our second runner home was Teresa Murphy in 6th. Teresa has been in good form this season and she once again ran strongly, particularly towards the closing stages. Our third scorer was under 20 runner, Isabel Bradley (13th) who ran a controlled race with a strong second half. The three runners who made up the six to score medallists were Jen Smith (14th) who had been running alongside Isabel for much of the race, Lydia Blackmore in 23rd (complete with one of her blistering trademark finishes) and Ali Farrell (29th). Ali had apparently run a Parkrun in the morning, but I don't think we're supposed to mention that!

While the men's team have certainly had their fair share of success in recent years, it was great to see the women claiming gold medals at the County Championships. So well done, not only to the runners for their commitment and hard work, but also to coaches Adrian Musson and Pete Boxshall for their role in the team's success. (AG)



John Gilbert, Neil Phillips, Chris Minns, Dave Morgan, Stuart Beaney, Phil Sanders & Ron Taylor

South of England Cross Country Champs

The club got off to a bright start in the Southern at Parliament Hill on 28 January 2017 as young Ollie Bright (sorry couldn't resist it) ran a tremendous race in the Under 15 Boys race. He came home a magnificent 5th - just a few seconds away from a bronze medal. Ollie has shown what a talent he is in recent seasons, but this result has to be viewed as a bit special. This season has been disrupted by injury for Ollie, so to achieve such a high placing in this ultra competitive race was a real bonus. A little later in the day Isabel Bradley put in an excellent performance in the under 20 women's race. Isabel wasn't far off a top ten placing, finishing in a fine 14th place.

Both the men's and women's teams put in strong performances at Parliament Hill on Saturday, with the men's team finishing ninth and the women tenth. The revered course is always tough, but perhaps this year there wasn't quite so much mud to plough through. The women's squad for the race looked a strong one and so it proved. As per usual, they were led by Amy Clements who came home in 18th place. A top twenty finish in this quality field is certainly good going, made more so as Amy has had her training interrupted by illness.

Another determined run by Teresa Murphy saw her finish in 64th - excellent running when it's only seconds that separate ten or so places. Our third runner home and having an impressive cross country season was Jen Smith - just inside the top hundred in (97th). It was great to see that Cath Stibbs had travelled up to London to make her customary positive contribution to the team effort. Whilst we might have been delighted to see Cath, she might not have been so pleased to be back in London.

Seemed like the London air had not been good for her breathing problems – both during and post race. Anyway, it was good that she was able to make the journey and make up the scoring quartet. Just as in some of the other races so far this season, there were some impressive runs from many of the other women representing the club.

The men finishing ninth team was extremely pleasing as we were without both John Gilbert and Chris Greenwood. Fittingly, Neil Phillips, the man who's been so consistent of late, and has hardly missed a race since joining, led us home. Neil finished in a highly creditable 36th. The team's second scorer was Jim Savage (76th) who'd travelled down from Manchester for the race. We don't see that much of Jim, but Saturday's race again showed us just what we're missing. After Jim, we had Gareth Anderson (111th) and Jonathan Tipper (114th) who'd been in close proximity for most of the race and there were only a few seconds separating them at the finish. Our fifth scorer, having a very strong run, was Rob Laing. Rob must have been delighted to get the better of some of his 'B' group training partners.

Then closing the six to score was another consistent performer, the ever dependable Phil Sanders (138th). Incidentally pre-race Phil's sartorial elegance had meant several team mates had thought he was only there to watch! Not quite on the Surrey league scale, but there was another good turnout of runners representing the club.

Men's Teams: 1. Highgate H 121; 2. Bedford & C 196; 3. Shaftesbury BH 220 ; ... 9. Kent AC 599.

(Andy Gardiner)



Kent Masters Cross Country

Kent Veterans Cross Country Championships took place on Saturday 3rd December 2016 at Central Park in Dartford. The cross country course was not the wildest, much of it being run around flat playing fields to the East of the River Darent interspersed with scrambling up and down a bank (as someone said, like an international cross country event without quite the same speed). Still it was a good course for spectators as the runners were never far away. Just over 300 runners took part in the different races, and it was a successful day for the club with a team Gold and two Silvers.



Tom Webb

The men's 40-49 race was probably the most exciting, with Blackheath and Bromley's Alex Gibbins hanging on to the shoulder of last year's winner Chris Greenwood (Kent AC) before overtaking him on the finishing stretch. Kent's Phil Sanders was third and Kent also won the team competition ahead of Medway & Maidstone AC and Tonbridge AC – Chris Minns and Stuart Beaney making up the scoring team with Chris G. and Phil.

In the men's 50-59 category, Len Reilly was first home for the club in 8th, with Luke Armitage and Neil Gordon-Orr joining him as scorers for 4th place in the team competition. Julian Spencer-Wood (3rd) and John Barron (8th) both had good runs in the Men's 60-69, along with Ted Hadlow who was 5th in men's 70+.



Chris Greenwood, Chris Minns, Phil Sanders

In the women's 35-44, Hazel Behagg (Dartford Road Runners) was first home, with Blackheath and Bromley the winning team. Jennifer Smith (8th), Ali Farrall (14th) and Victoria Buck (15th) made up the scoring team to secure second place for Kent AC.

Maria Heslop (Paddock Wood AC) won the W45-54 ahead of Clare Elms whose Dulwich Runners picked up the team prize, but Kent AC came away with team Silver thanks to scorers Kate Williams, Sarah Young and Andrea Barber. Annabelle Hadlow was our representative in the women's 55-64.



Sarah Young, Andrea Barber, Kate Williams

Road Relays

Southern 6/4 Road Relays, Bedford, September 25 2016

The 2016 Southern Road Relays Championships took place at Bedford Autodrome. It was a flat but windy course that offered the mental challenge of keeping going while sometimes being almost out of sight of other runners and spectators on the bleak sometime motor racing circuit.



Luke Armitage

After six junior races, there were two main events - the Senior and Veterans women's competitions run together with four legs of 4500m; and the Senior and Veterans men's races starting together but with the Seniors being a six stage relay and the Vets a four stage affair, each with approximately 6000m legs.

After several problems in getting our guys out we arrived at this new venue to be greeted with strong blustery winds on this exposed venue but we had two full teams and expectations were high that we could accomplish our aim of getting two teams in the top 25 teams and therefore both would qualify for the National 6 Stage Road Relays.

We were led off by Chris Greenwood who had only just come back after several months off but he used his experience and worked his way through the field of 55 teams to come home in 16th place in a good time of 18' 10". James Bowler was next up, who was making his

debut in this event and had a solid run holding off several big names and holding 16th place in a time of 18' 40". New boy to these relays was Jonathan Tipper, who responded well to the pressure, and who was rewarded with an excellent time of 18' 51" as he took one place.

Lawrence Avery, who had only just come to the end of a block of marathon training as he prepared for an autumn marathon, then took 2 places which got us up to 13th place as he ran a time of 19' 12". Another new boy, Adrian Lowther, then ran well for us as the race got lonely and came home in a time of 19' 04". Last man was one of our regulars, Neil Phillips, who had the satisfaction of gaining 2 places in a time of 18' 42" to seal our final position of 11th.

Our B team was led off by another of our new boys, Rowan Crichton, who responded well to a highly competitive leg by securing 39th place with a time of 18' 53". Then another new guy, Daniel Stauber, stormed through the field to gain 8 places as he ran a time of 19' 24". Next up was Matthew Moroney, who was also making his debut, and he performed well by gaining 2 places to secure 29th place with a time of 19' 54".

Another new recruit, Joe Hartley, a late recruit to the team, then had a solid run as he held his position as he ran a time of 20' 19. Then Calum Fraser, who despite being the youngest in the team was an old hand in relays, had a good run as he ran a time of 19' 47" which got us up to the key position of 25th place. Our trump card of Pete Lighting sealed a good performance from the guys as he ran 19' 43" to gain 2 places and seal our position in the National 6 Stage as he came home in 23rd position.



Amy Clements

In the women's race, Kent AC secured a great top 10 finish in an event won by Aldershot Farnham and District AC. Cath Stibbs ran the first leg, before Teresa Murphy gained 11 places on the next leg. Sarah Hanley moved further through the field to hand over to Amy Clements in 14th place. Amy ran a fast final leg to finish 9th.



Winning V40 team - John Cox, Phil Sanders, Stuart Beaney & Chris Greenwood

It was a good day out too for the men's vet teams. The 40+ team won their competition for the 3rd year in a row, thanks to John Cox, Stuart Beaney, Phil Sanders and Chris Greenwood. Chris ran the second fastest leg on the day, and Phil the 5th.

The M50+ team came in 5th, a credible position given that Bernie Hutchinson - who ran the final leg after Luke Armitage, Len Reilly and Neil Gordon-Orr - had already run a leg in the M60 team.

Bernie got a silver with the M60 team, his first leg being followed by John Barron, Pete Boxshall and Julian Spencer-Wood (Pete, Julian, John and Bernie pictured left to right below).



National 6 Stage Road Relay, Sutton Park, October 8 2016

After a struggle to get out teams the effort was well rewarded with two solid results by teams that had the interests of the club to the fore. On an overcast but dry day at the spiritual home of relay running there was a great atmosphere.

We had no less than 9 out of the 12 guys making their club debut in the men's race and all gained valuable experience which will stand them in good stead for future events. Our A team was lead off by club stalwart Chris Greenwood who despite time off in recent months delivered a solid start on this the most competitive of legs - running 18' 33" which earned him 41st position out of 83 starting teams - all of whom had to make the top 25 teams in their Area Relays to even be there.

A welcome return to the fold was James Connor, making his 10th appearance at this event, as he tore through the field to get us up to 23rd place, running 18' 01", which standing him in good stead for his return to Marathon running in Frankfurt at the end of the month. One of our new boys James Bowler then had a solid run, as he gained one place running 18' 43", despite not being fully fit.

Recent recruit, Adrian Lowther, then battled all the way and was only 30 secs slower than James Bowler as he ran 19' 16" giving us a glimpse of his talent as he gets back to full fitness. David Ansell, drafted into the team late in the day, then ran solidly but dropped down to 37th position as he ran 20' 18". Last man Neil Phillips also had a solid run as he gained two place to 35th place running 19' 12" which placed us as 12th Southern team - a solid performance all round.

Our B team were making their debut at this event and were led off by Tim Lawrence who ran really well on a highly competitive leg coming home in 76th place in a time of 19' 38". Chris Minns then showed that he will be a real asset to us in the future as he then ran 19' 55" which also earned him 76th place - again on a really competitive leg. Jordan Weaver was so new we had to lend him a vest but he delivered with a great time of 19' 45" which got us up to 72nd place.

Sam Rowlands, another newcomer, gained a place to get us up to 71st before another new lad, Ian Elwood, also handled the pressure really well and ran 20' 31" to secure 68th place. Not to be outdone Asa Burnett handled the long wait well and ran a great time of 20' 08" as he stormed past a couple of runners to earn us 66th place out of 82 teams - most of who were A teams who were good enough to qualify via their Area relays. So less than a minute between all the B team showed how well they had run.

So lots of positives from the day where we had by no means our best A team out but a lot of guys were learning their trade at this most prestigious of events which will stand us in good stead for the future. *(Ken Pike)*

Southern 12/6 Stage Road Relay, Gravesend, March 25 2017

A good day by any description! On our return to Gravesend Cyclopark the weather was warmer than last year but times were affected by a strong headwind on the climb back to the start.

The women's team had a good run to finish in 9th place out of more than 30 taking part in the women's 6 stage event. Isabel Bradley started out on the first short leg before handing over to Teresa Murphy who gained a couple of places on the first long leg. After Ali Farrell's third leg, the team was in the middle of the race in 16th place.

Amy Clement's long leg, the 5th fastest of the day, was to prove decisive as she moved through the field to 8th place. Victoria Buck and Lydia Blackmore fought strongly over their final two legs to hold on to a top ten position in a race won by Winchester, followed by Thames Valley Harriers and Aldershot.

In the men's 12 stage race we had a solid opening leg from the reliable Chris Greenwood who sensibly had a conservative start and then worked his way up to a fine 12th position before handing over to Ben Harding. He tore through the field securing 6th place by the end to demonstrate that he is beginning to return to form. Then James Bowler had a good run, despite the heavy legs that training for the London Marathon produces, and gained a place to put us right in the mix. Lawrence Avery was next and he produced the run of the day as he ran our fastest short leg and in the process got us up to 3rd place.

Another new recruit on leg 5, Jordan Weaver, then demonstrated his recent improvement as he chased the Serpentine runner, none other than Dave Morgan, all the way before overtaking him on lap 3 and pulling away decisively. Tim Alexander then had a solid run despite the pressure than 3rd place brings and he hung on well to 4th place for the team.

Next up was none other than James Connor, running his 16th Southern 12 Stage, who demonstrated that his recent return to form is no fluke as he ran our fastest long leg of the day and increased our lead as he held onto 4th place. Next Rob Laing had a solid run and maintained our position despite the unexpected pressure of us running far better than expected. Jonathan Tipper, despite full Marathon training, held 4th place for us.

The first three teams were getting away from us which gave Stuart Beaney some slack as he had another solid run and held onto 4th. Neil Phillips was next up on our last long leg and he held onto 4th place with another solid run as some of the big guns were making a charge behind him. So all our six long legs were finished with less than a minute between them. Our last leg runner was another new recruit to the A team, Joe Hartley, and the pressure was really on him as AFD. Bedford and Belgrave were all within 15 seconds of him. He ran extremely well and sensibly hung onto the AFD runner who caught him early on and this gave them both some headway over the other guys as he secured a fine 5th place for the team – a great results especially given that no less than 7 guys were making their debut for the A team.

Not to be outdone the B team were led off by ever reliable Tim Lawrence who got them up to 32nd place on the opening leg out of 53 teams and with a good leg from Anthony Johnson they were on course to make the top 25 and therefore qualify for the National 12 Stage two weeks later. He ran well, despite months out through injury, and moved them up to 26th place before regular Calum Fraser moved them into 24th position with a solid run. Next up was Rowan Crichton, who was making his debut, and he ran well securing 22nd spot and almost certain qualification for the Nationals. Another new boy was Chris Minns who delivered the goods with a fine run as he held onto his position. Matt Moroney then ran well to gain another position by getting us up to 17th position.

Then Niall Robinson had a good run, only a second behind our fastest long leg, before another of our injured A team runners Adrian Lowther ran well off limited training to edge us up to 16th place. Tom Muddiman, on a day trip from Southampton, ran another fine long leg gaining one more position into the bargain. Sam Rowlands, yet another new boy to the team, then delivered the goods as he secured 15th place with a good debut run.

Our last long leg was in the hands of a certain John Gilbert who had only run 3 times since a stress fracture and he delivered a fine run giving the A team something to consider. Another much injured guy who was coming back, Pete Lighting, was last up for the team and he showed that class is permanent as he secured our excellent 15th place for the team – first B team by a mile and one of only two B teams that qualified for the National 12 Stage.

We were still not done as we had entered a C team for the first time and loads of guys ran well giving the B team a fright for places next year. They were first C team by some way and sealed a great day for the club.

Kent AC men in the Southern 12 Stage

1996	48th team – in the first year club qualified		
2001	42nd team		
2002	22nd team		
2003	27th team		
2004	21st team		
2005	22nd team		
2006	17th team		
2007	14th team		
2008	21st team		
2009	DNF a team		
2010	29th team		
2011	24th team		
2012	23rd team		
2013	No competition		
2014	11th team	B team	44th team
2015	6th team	B team	38th team
2016	12th team (Injured runner)	B team	46th team

National 12 Stage Road Relays, Sutton Park, April 8 2017

The club had plenty of grounds to celebrate after this year's National 12 stage relays. A really strong performance by our 'A' team saw them secure a top ten finish in this prestigious event – seventh spot just one ahead of mystic Ken's predicted finish for the team. However, we should also feel rightly proud of the fact that our 'B' team were the second 'B' team in the race just behind Bristol, finishing 37th of the 63 teams that closed in. In addition, young Alex Yee recorded the second fastest long leg as he sliced through the field on his fourth leg.

As has often been the case in recent years, the weather was almost Mediterranean-like. The sun was to beat down on runners and spectators alike – none more so than Ken, who was positively crimson faced at the end of proceedings.

Although Chris Greenwood has frequently been our opening leg runner, on this occasion we had in-form Russell Bentley on the first leg. The opener is often fast and furious for the first couple of miles and this year was no exception. Russell ran solidly to bring us home just outside the top twenty (23rd). On this leg there our only seconds separating four or five places so we were in a good position to move up. And on leg two, the first short leg, Ben Harding did move us up with a very useful 15.54, which gained six places to bring the team up to 17th. For Ben a fair chunk of the winter season had been disrupted by illness, but this run proved he was back on track. The next long leg saw James Bowler run a time that all but matched Russell's. He gained one placed and so by leg four we were up 16th.

On the fourth leg we had Jonathan Tipper, a relative novice in this type of race but someone who has been making rapid improvement in recent months. The winner of the Brighton half marathon, Jonathan had actually run a full marathon the week before the relays. The received wisdom would not have considered this the ideal preparation for a short leg relay, however, it didn't seem to have an adverse impact as he ran well, gaining one spot – which would have been two, had it not been for an easily done misjudgement about the takeover area.

Next up for us was the much anticipated run of Alex Yee (pictured below). And Alex didn't disappoint. As mentioned earlier, he recorded the second fastest long leg of the day – moving us right amongst the contenders. His run saw us move up from 16th to sixth. Remarkably, Alex hadn't actually raced since being ill after the international cross country race at Edinburgh in early January. It made you wonder what time he might have posted should he have been race sharp.



Following on from Alex (an undoubtedly hard act) was none other than John Gilbert. As most people are aware, John has had a number of injuries to contend with over the last year and this race was part of his comeback. As its relatively early days in the return to racing, John was on a short leg. He showed his mettle though – running our fastest short leg and in the process gaining another couple of places. John handed over to Chris Greenwood who as usual came up with the goods. He ran a very controlled race which saw him run our second fastest long leg, keeping us in fourth place. On the eighth leg, our man

from the North West, Jim Savage, who claimed not to be fit, more than held his own. In fact Jim's run saw us to move up to the dizzy heights of third.

Jordan Weaver (pictured), recent winner of the Stafford half marathon, and someone who's made such a strong impact this season, took over on leg nine. He ran just a few ticks over 28 minutes and in doing so kept us in third.



Anthony Johnson took over from Jordan. Anthony's yet another of our runners who's been out for quite a while. He put a shift in, but given his time out it wasn't surprising that at this stage some of the other clubs would have runners that might overhaul him. Neil Phillips then took over on the penultimate leg in fifth. Every leg is tough but eleven can be especially difficult. Neil, being Neil, gave a commentary to spectators that had us worried about his form. However, it turns out he didn't run badly – in fact just a tad slower than Jordan and not much more than 20 seconds slower than James and Russell.

And we were still in fifth when Neil handed over to Adrian Lowther who was to be our last leg runner. It gets a bit repetitive, but Adrian is yet another who is coming back from quite a long spell out. Adrian coped well with the pressure. A youthful Lincoln runner went past him, but we were denied equalling our best ever placing in the race when right at the end Adrian was run down by Tonbridge's Shaun Molloy. It was cruel (unless you're a Tonbridge supporter) to watch as we saw Adrian putting every last ounce into trying to hold him off. But Adrian had run well and it's no disgrace to be run down by a

record holding 800 meter runner. So the 'A' team did us great credit finishing seventh – ahead of some very strong outfits and just missing out on equalling our best ever finish.

In addition though we had a terrific performance from the 'B' team. They came home 37th, second 'B' team, one place behind the first, Bristol, and the performance again indicating the strength of distance running at the club. At the finish there were 26 clubs behind our 'B' team – the majority of them 'A' teams.

Obviously as a whole the team ran well, but just to mention a few: Stuart Beaney held his nerve well on the opening leg (and no, he didn't pay me to say that), while Che or Stephen Compton as he appears in the results ran our fastest long leg. Our fastest short leg runner was Joe Hartley who – like Jonathan in the 'A' team – had run a marathon the previous week! And finally, Ben Smith (who was drafted in late on) ran the last leg for the team and showcased an awesome sprint finish. Unfortunately your correspondent mistook the runner he was clashing with as a Bristol runner and got everyone a bit over excited thinking it was a race for first 'B' team. While he wasn't a Bristol runner, it was still a fantastic finish to witness.



Congratulations must go to Swansea for an incredibly impressive performance. They really ran away with the race and must have won with one of the biggest ever winning margins. Tonbridge's sprint at the end meant we were deprived of being first club from the south. But our seventh place undoubtedly gave us food for thought for next year. It's surely not unrealistic to think that with the necessary planning and availability of a couple we missed, we could be shooting for a medal. While for the B team, there has to be a distinct possibility they could go one better than this year and actually come home first 'B' team.

(Andy Gardiner)

London Marathon

Following on from Kent AC's successful Cross Country season and strong displays in the major relay races, the 2017 London Marathon provided further proof of the strength of endurance running at the club. I thought perhaps we might have peaked last year in terms of numbers, but this year we had even more runners toeing the line at Blackheath. Happily, it appears that it's not just numbers that are on the up – it's the sheer quality and depth we now boast among both men and women. The women won the England Athletic team event within the Marathon, while the men came second.

Prior to the race, an email pointed out that Kent AC had an incredible number of runners on the championship start – that's runners achieving better than sub 2:45. There was speculation as to whether any other clubs could match this number, and my (albeit cursory) look at the entries of some of the other major clubs suggested that they didn't. If you're on the championship start you'll have already run a fine time, but there's still pressure on you and questions asked about whether you'll be able to do it again. In the case of nearly all our championship runners, they delivered.

On top of the sub 2:45 contingent, we also had a considerable number of men inside three hours. Here it was a mixture of relative newcomers to the club combined with those who've been there and got the t-shirt (yes, I know, Len always gets a mention). In a race like this, it's important to credit runners not just for their times, but for the personal battles they go through when it's really hurting. Having said that, some of the times are well worth mentioning – and I will do in due course.

While we didn't have one of our trio of sub 2:20 runners this year, we were still right in the mix for claiming the men's team title in the championship race.

Our trio Russell Bentley, Chris Greenwood and James Bowler all ran incredibly well. Russell led us home and in doing so sliced a substantial amount off his PB. He looked strong throughout but then for a man who won the Snowdonia Marathon, London's gentle undulations must have seemed small fry. Russell was followed by Chris Greenwood, who was not far off his best – which considering the injuries he sustained during the winter season is quite remarkable. Making up our trio of championship runners was James Bowler, a former track speedster in his youth who clearly has plenty of endurance. He was less than a minute behind Chris.

If Athletics Weekly is to be believed, it wasn't all that long ago that our next man to finish, Jonathan Tipper, was running little more than Parkruns. He was just a bit more

than a minute behind James at 2:28:47 and has to be classed as a really serious runner, registering this sub 2:30 time. Edging closer to 2:30 is Neil Phillips who was another of our runners who revised his PB with 2:31:46.

After Neil there was a bit of a gap, but with his run of 2:36:17 surely Che Compton was vying for run of the day. Che is of course the man who runs in shorts reminiscent of a 1950s footballer – shorts which for some reason seem to hold a certain fascination for Stuart Beane. Well, on the day those shorts flew by Stuart and other Kent runners as Che ran a fabulous negative split, revising his PB by eight whole minutes in the process.

Following on from Che, another man who shaved a huge chunk off his PB was Daniel Stauber, at 2:38:54. Moving past the 2:40 mark there was a whole host of Kent runners. The usual 'B' group suspects put in fine runs, but a number of guys relatively new to the club also posted very useful times; amongst them Adam Paterson (who was in just inside 2.45), as well as Andrew Boyd, who posted 2:45:38.

All the sub three hour runners, plus those who ran so well in a Kent vest, are listed at the end of the report. Interestingly, three of our more mature runners, John Cox, Jules Gevers, (who are creeping up towards 50) and Len Reilly (a little past 50) all posted times of around 2:59. I expect having wise old heads they will have us believe they were always going to slip inside three hours.

There were also significant numbers of Kent AC women competing this year. Again, like the men, there probably weren't many clubs who could match our numbers – a total of fifteen. And as well as having good numbers competing, the runners in question excelled.

Amy Clements maybe deserves a well earned rest from marathons as she's run a fair few in recent years. However, having beaten her PB and run under 2:40 (2:39:11) perhaps she'll feel tempted to forgo the rest. I think most observers believe Amy is capable of pushing on and running a little quicker. Making up the championship trio were Sarah Hanley and Jen Smith. I believe Sarah carved a large chunk off her PB as she broke through the three hour barrier (2:59:49), while Jen, who is in the V40 category, ran a super time – well under 3:10 (3:08:21) and a time that will surely see her well up in the women's V40 listings. Just a couple of ticks behind Jen was Teresa Murphy, also just into V40 status, and with a time of 3:08:24. I believe Teresa may have been hoping for a bit quicker, but it was still a PB and has to be viewed as a success given her preparation had been hampered by injury in the run up to the event.

Our next runner home was Penelope Teoh who I'm told has only recently joined the club. Her time – of under 3:15 (3:14:52) – obviously shows a lot of promise and it looks like she'll be a great addition to our women's team. Behind Penelope and also well inside 3:20 was Caroline Manning (3:17:03). A little further down the field there were some outstanding performances – both in their own right and when considered in terms of age category. To mention two: Kate Williams (a V50) wasn't too far off breaking 3:20 with 3:21:48, and then in the V55 category,

Nicky Hayes ran a fine 3:27:57. These are times that I'm sure will see them pretty high up the UK rankings for their age group.

All in all then another tremendously successful day for the club, with terrific individual performances and medals to come in the team championships. As usual, the club celebrated in traditional Kent AC style at the Chandos pub.

(Andy Gardiner)

England Athletics Marathon Team Results:

Women

1 Kent AC 8:47:21

Amy Clements 2:39:11
Sarah Hanley 2:59:49
Jennifer Smith 3:08:21

2 Dulwich Runners 8:59:03

Shona McIntosh 2:47:52
Helen Lister 3:05:09
Mel Edwards 3:06:02

3 Serpentine RC 9:14:48

Devon Yanko 2:54:43
Sophie Grant 3:09:18
Alexandra Cook 3:10:47

Men

1 Belgrave Harriers 7:15:51

Craig Ruddy 2:22:22
Andrius Jaksevicus 2:23:24
James Williams 2:30:05

2 Kent AC 7:16:48

Russell Bentley 2:22:37
Chris Greenwood 2:26:41
James Bowler 2:27:30

3 Serpentine RC 7:16:48:

Jonathan Poole 2:21:31
Tony Payne 2:27:35
Andrew Greenleaf 2:27:42



Jonathan Tipper, Chris Greenwood, James Bowler and Russell Bentley



Nick Ronconi



Rowan Crichton



Neil Phillips



Adam Paterson



Sarah Hanley



Richard Bidgood



Sarah Young



Adele Prince



First four Kent women: Jen Smith, Amy Clements, Teresa Murphy, Sarah Hanley



Barney Day



Tim Lawrence

Place overall	Place gender	Name	Category	Half	Finish
16	16	Bentley, Russell	18-39	01:09:50	02:22:37
29	29	Greenwood, Christopher	40-44	01:12:42	02:26:41
32	32	Bowler, James	18-39	01:13:11	02:27:30
38	38	Tipper, Jonathan	18-39	01:13:14	02:28:47
83	83	Phillips, Neil	18-39	01:14:24	02:31:46
170	170	Compton, Che	40-44	01:19:33	02:36:17
274	272	Stauber, Daniel	18-39	01:19:49	02:38:54
286	3	Clements, Amy	18-39	01:18:31	02:39:11
350	345	Anderson, Gareth	18-39	01:19:46	02:41:05
374	368	Laing, Robert	40-44	01:18:06	02:41:30
386	380	Lawrence, Tim	18-39	01:18:22	02:41:48
398	392	Beaney, Stuart James	40-44	01:18:05	02:42:07
452	444	Bidgood, Richard	40-44	01:19:53	02:43:08
486	477	Evans, Samuel	18-39	01:19:43	02:43:57
542	532	Paterson, Adam	18-39	01:23:02	02:44:51
570	560	Alexander, Tim	18-39	01:19:37	02:45:26
576	566	Boyd, Andrew	18-39	01:14:43	02:45:38
783	769	O'Connell, Sam	18-39	01:22:57	02:49:15
923	903	Donaldson, James	18-39	01:23:27	02:51:13
1064	1040	Moroney, Matthew	18-39	01:23:09	02:53:12
1499	1451	Thain, Thomas	18-39	01:28:53	02:57:29
1545	1496	Love, Iain	40-44	01:27:53	02:57:49
1775	1707	Reilly, Leonard	55-59	01:30:09	02:59:11
1780	1712	Gevers, Julian	45-49	01:30:12	02:59:13
1861	1790	Cox, John	45-49	01:26:39	02:59:35
1866	1795	Lighting, Peter	18-39	01:30:17	02:59:37
1867	1796	Avery, Lawrence	18-39	01:30:17	02:59:38
1890	1819	Crichton, Rowan	18-39	01:28:40	02:59:49
1893	73	Hanley, Sarah	18-39	01:28:44	02:59:49
2066	1985	Day, Barnaby	18-39	01:23:41	03:01:18
2764	2624	Coulter, Darryl	45-49	01:28:41	03:08:02
2806	142	Smith, Jennifer	40-44	01:31:54	03:08:21
2813	143	Murphy, Teresa	40-44	01:29:54	03:08:24
3533	3283	Goulden, Ross	18-39	01:36:38	03:13:41
3620	3362	Phillips, Craig	40-44	01:34:11	03:14:12
3767	281	Teoh, Penelope	18-39	01:37:25	03:14:52
4117	336	Manning, Caroline	18-39	01:34:36	03:17:03
4240	358	Griffiths, Abi	18-39	01:37:46	03:17:47
4735	461	Farrall, Ali	40-44	01:36:49	03:21:15
4822	477	Williams, Kate	50-54	01:41:16	03:21:48
5297	4697	Kimbangi, Charles	18-39	01:33:32	03:24:44
5868	730	Hayes, Nicky	55-59	01:42:37	03:27:57
5866	5137	Ronconi, Nic	45-49	01:44:45	03:27:57
6465	5575	Coombe, Andy	45-49	01:45:03	03:30:47
7163	6044	Gordon-Orr, Neil	50-54	01:44:34	03:34:45
7911	1377	Young, Sarah	50-54	01:44:29	03:38:29
18295	4940	Martin, Claire	45-49	02:06:06	04:21:03
18910	5189	Anstis, Alice	18-39	02:09:42	04:23:27
23392	7045	Prince, Adele	40-44	02:04:34	04:41:09
30033	19859	Brown, Jeffrey	18-39	02:22:57	05:11:21
37806	23362	Lane, Spenser	45-49	03:02:14	06:27:45

(positions exclusive of elite field)

Winter Track

Conrad Williams at Nitro Athletics

Conrad Williams was a key part of the England team in the Nitro Athletics meeting in Melbourne in February 2017, an attempt to offer something a little different from standards athletics events. The England team took part alongside New Zealand, Japan, China, Australia and the Bolt All-Stars, an international team captained by Usain Bolt.

Conrad took part in events including the Mixed Distance Relay, with teams of two men and two women running different distances, and the mixed 2 x 300m relay, running with Margaret Adeoye in one race and Christine Ohuruogu in another.

In the mixed 4 x 400m relay, Conrad ran the 3rd leg in the winning England team, along with Hannah Williams, Christine Ohuruogu and Theo Campbell.

conrad williams @cwilliams400 · Feb 4
Bolt lost for words when I took one of his all-stars @nitro_ath @EnglandAthletic



Lee Valley

In the London Senior and U20 Games at Lee Valley on 28/29 January, Luke Sargeant, Deepak Chevidan and Joe Appiah all took part in 60m indoor races, with Luke running the fastest club time on the day – coming 2nd in the B1.5 race in 7:19. He went faster again at Newham on 15 February, getting a PB of 7.16.

U15 runner Joshua Penfold ran several indoor 800m races at Lee Valley in February and March, his best performance being a 2:17:41 PB in the Lee Valley U13/U15 open on 26 March 2017.

Glenn Gray came 2nd in M45 200m B race at the British Masters Champs at Lee Valley on 12 March, and won the 200m M45 race in the Southern Counties Vets (SCVAC) Champs at Lee Valley on 19 March.

Shawn Wright was 2nd in 400m at the Inter Varsity Meeting at Lee Valley on 1 Feb 2017 in 49:59.

World Masters Gold for Joe Appiah

Joe Appiah competed at the British Masters athletics championship at Lee Valley on 11th March and won the 60m hurdles, came 3rd in the long jump and 2nd in 60m at his M45 age group.

A couple of weeks later he competed in the World Masters Athletics Indoor Championships in Daegu, South Korea from 19-25 March 2017, again in the M45 events:

‘I entered for 3 events. My 1st event was Long Jump final at 9am on 20th and achieved a silver medal with a jump of 6.24m. After this I completed the heats and semi final of the 60m. In the final on 21st I got off to the best start and the 2 favourites just took me with 7m from the line. I got a bronze medal with a time of 7.30secs. My faster 60m time for 5 years.

Next stop my main event on 23rd, the 60m hurdles semi final which I won comfortably. By this time my back was causing me some issues which was effecting my hamstrings. The team physiotherapists have been excellent in fixing my back after each race. I ran the final 60m hurdles race and won by almost a second with a time of 8.42secs, not too far from my European record. My job was done, 3 events, 3 medals, a very successful championship’.



Darren Green - Kent County Champs

Darren Green won the 60m in the Kent County Indoor Championships at Lee Valley on 18 March in 7:08, having previously won his heat in 7:10.

Jack Green

Jack Green started his long warm up towards the 2017 World Championships with a race in France on 6 February, running a time of 50.64 in the 400m hurdles at the Meeting Elite en salle de l'Eure in Val de Reuil.

A few days later he ran in the 400m in the British Athletics Indoor Team Trials in Sheffield in February. After winning his heat in 47:42, he finished third in the semi in 47.61.

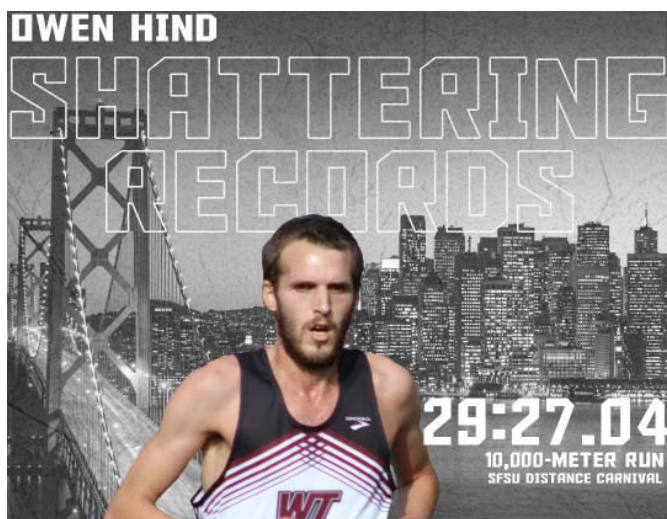
(see next issue for Jack's summer season including World Champs)

Owen Hind goes Buff

Owen Hind has spent the 2016-17 season in the US, where he has been running for West Texas University in college athletics. The team, known as the Buffs, compete in the National College Athletics Association Track and Field Division Two.

Owen has had a successful year, becoming Lone Star Champion in both 5000m and 10000m and breaking school records at three events:

- 3000m (indoor) – 8:07:59 at the NCAA Division II Indoor Track & Field Championships, Birmingham, Alabama on 11 March 2017.
- 5000m (indoors) – 14:12:65 at the GVSU Big Meet Invite at Allendale, 10 February 2017.
- 10,000m (outdoors) - 29:27 at the San Francisco State Distance Carnival on 31 March 2017.



Kent AC News

Pete Boxshall – Coach of the Year

Kent AC women's team coach Peter Boxshall has been awarded England Athletics 'Coach of the Year' for the London Region. The award was presented by Olympic hurdler and ex-Team GB manager Lorna Boothe in an event in November 2016 at The Institute of Sport Exercise and Health. Pete was commended as 'a uniquely inspiring coach, offering enthusiastic support to any athlete, regardless of their background, without ever putting them under pressure'.



Terry Lyons RIP

Long standing members will be saddened to hear of the death of Terry Lyons who died in America at the end of December 2016. Terry joined the club in his late 40s during the 1990s. He became a member through Roger Maxwell, whose name will be familiar to many, and with whom he had worked. He competed for us on the road, including in the 1991 marathon, but left us for Aldershot, where he hoped for richer pickings in their v50 teams. Those ambitions never worked out and he remained an occasional, welcome and cheerful face in the locality.

Terry took early retirement from Lewisham council, and for the last decade or more lived the very agreeable lifestyle of 6 months plus one day in the UK in our summer (which he hated) and the rest of the year with his cousin in California, which he enjoyed immeasurably.

Although he hadn't run for quite a few years he was a very keen cyclist, especially in the States. I went out with him for rides here and he was a fearless descender.

Inevitably I bumped into him from time to time and he was always eager to catch up with news and gossip from the club. I last saw him when he was his usual cheerful, gentle self in the late summer when he was, as ever, impatient to head back west. He had had heart problems, and he died peacefully in his sleep from a heart attack. He had no very close family, but his cousin Con Griffin is a long established member of Blackheath. *(Len Reilly)*

When Zuzana met Dean

Nothing wrong with a selfie if you are standing next to a famous runner... Here's the club's Zuzana Nemeckova with US ultra-running legend Dean Karnazes on a visit to London in April 2017 to promote his book 'Ultra Marathon Man'.



Portrait of Britain

2016 will go down in history as the year that the club's Road Running Manager and unofficial post race celebrations secretary stared out from the nation's billboards. The British Journal of Photography's Portrait of Britain, a UK-wide exhibition of 100 photographs aiming to show "the modern face of Britain" was exhibited on digital advertising screens in railway stations, shopping centres, high streets and bus stops around the country from September. The 100 portraits chosen included a photograph of Stuart Beane from Dylan Collard's Ladywell Runners series. Collard said: 'I've always been interested in sports training and the dedication, time,

drive and motivation needed to compete. With the Kent Athletics Club I was struck by the mix of people and levels of running ability involved in a very open, supportive and friendly environment'. You can check out the series at: <http://www.dylancollard.com/work/ladywell-runners/>



Beane and Beane at Bedford Station

Alex Yee – Ups and Downs

Alex Yee has experienced the absolute highs and lows of our sport over the last year. In November 2016, he was presented with the SportsAid's 'One to Watch' award by Mo Farah in front of 500 people at the SportsAid 40th anniversary charity ball. In the same month he was shortlisted by Athletics Weekly for the U20 Athlete of the Year.



He won the U20s race in the Liverpool Cross Challenge in Sefton Park in November, seeing off a determined challenge from Southampton AC's Mahamed Mahamed. In the process he secured a place in the European Cross

Country Championships in Italy, held in Chia on 11 December. He finished 11th in Chia, not bad considering that after starting with the leading group he fell, got up, and was knocked down again.

In January 2017 he had a tough time in the Edinburgh Cross Country International, finishing 17th after taking part despite not being recovered from illness.

He was back on form by April 2017, winning the European Junior Duathlon Champs in Soria (Spain) having previously won the ITU World Junior Duathlon Champs in June 2016 and come 5th at the World Junior Triathlon at Cozumel in Mexico in September 2016.

In May he ran a 13:37 5000m PB in Belgium, but just a week later he suffered broken ribs and other injuries in a bike crash during the ITU Triathlon World Cup event in Sicily on June 4th 2017.

Everybody at Kent AC wishes Alex a speedy recovery. The club's resident artist Neil Phillips (<https://neilphillipsfineartist.wordpress.com/>) has created his own tribute to Alex in oil on canvas (detail):



Annual General Meeting

Kent AC's 2016 annual general meeting took place on 29 November at the Blythe Hill Tavern in Catford. Due to a mix up with the booking, the meeting room was unavailable so the AGM reconvened in the public bar - certainly not the first time the club has taken over a bar, but this time with serious matters to discuss.



The club is in a healthy position organisationally as well as athletically. Membership secretary Bernie Hutchinson reported that the club had 322 members, over 270 of them potentially active (the remainder including coaches, social and honorary members who no longer take part in races and competitions). What's more the numbers joining each year has grown in the past few years, with 90 new members in 2016 compared with 45 in 2012.

While the club's subscription rates are very reasonable compared with some clubs at £35 a year, income from subs is contributing to a fairly good financial position. Treasurer Kehinde Dauda reported that the club had made a surplus of £2251 in the year up to 30 September 2016, leaving it with a healthy cash balance of £14,060.

The meeting elected the club's committee, including a new President- Ellie Brown.

Christmas Meal

The club's Christmas bash took place at the Station Hotel in Hither Green on 3 December 2016. As well as the usual feasting and drinking there was entertainment from Felix's Rock Choir, founded by sometime Kent AC member Felix Glenn. Thanks to Ted Aston for organising this and other social events.



Kent AC History – early 1980s photos

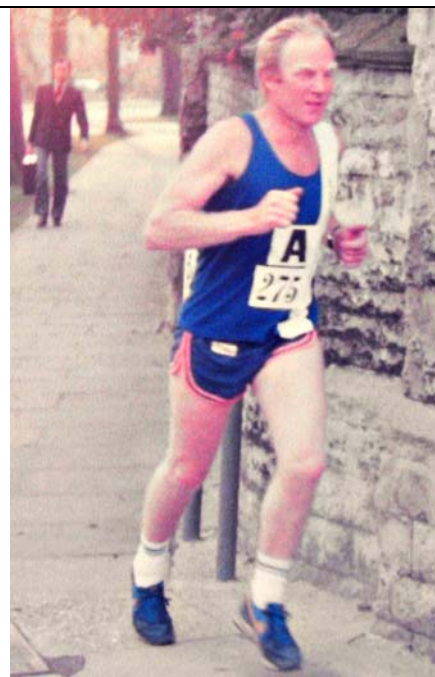
George Reynolds used to help coach Kent AC juniors in the early/mid 1980s, as well as competing for the club himself as a vet runner and hammer thrower. He got in touch recently to talk about his time at the club including his memories of Keith Palmer, the policeman who was killed in the terrorist attack at Westminster in March 2017. George confirmed that Keith had been a Kent AC member running as a junior in cross country and other races. As a result we passed on the club's condolences and some photos via the police liaison officer with Keith's family. George recalled some of the races of that period, including cross country at Mote Park in Maidstone and the Lloyds Relays, held in the vicinity of Lloyds Bank Sports Ground in Beckenham – now Kent Cricket Ground. Here's a few of his photos from that time – note the club vest with its white stripe.



Dennis (L) & Norman Fairbrass (R)
at Deangate, Medway



Pat Boyd and Ron Pace



George Reynolds



Danny Crane in Lloyds Relays



Kent AC Juniors training in the Ladywell snow – Keith Palmer standing to left of post in red top.

Kent AC Juniors

London Schools Cross Country, February 1 2017

On a surprisingly bright, yet cold, day for Feb 1st Wormwood Scrubs hosted the London Schools CC Champs where the top 8 in each race were selected for the English Schools CC Champs to be hosted in Norwich on March 18th.

Ollie Bright in the first race (Junior Boys) was up for it despite having an outstanding run in the Southern CC (where he came 5th and he has a year to go in that age group) in his legs as they were only 5 days beforehand. He led straight away and after $\frac{3}{4}$ of a mile he had disposed of his only challenger and despite his heavy legs he continued to build up his lead to nearly 20 secs to secure the title and the Gold medal. A just reward for his dedication and attitude to the sport.

Next up in the Inter Boys was regular trainer at Ladywell, Joseph Yee, who worked hard all the way easing his way up to 6th place by the end almost

catching up the lads in 4th and 5th place. None the less a good run from him that secured a place in the London team.

We had bit of a wait for the Senior Boys race but it was worth it as Noah Armitage, despite having quite a while off through injury, secured his slot in the team with a hard earned 4th place. Not to be outdone our other representative Chris Ho ran well all the way and secured 6th slot and a place in the team.

So by any standard an excellent day as all 4 from Ladywell secured their slots in the London CC teams and can look forward to Norwich.

Ollie Bright went on to finish 7th in the English Schools junior boys race in March 2016 and then took part in the Home Counties International XC race on 24 March 2017, at Margam Park in south Wales where he finished in 3rd place in the U15B Junior Boys race, leading England Schools home to 1st place team.



Ollie Bright (2nd from right) at English Schools

Mini London Marathon

Kent AC helped organise the Lewisham Minimarathon trials at Ladywell on March 6th - Kent juniors did well taking a third of the borough places.

In the Mini London Marathon itself in April, Ollie Bright won the U15 boys Borough Challenge and came 6th in the British Road Champs, with Lewisham 2nd in the U15 boys team event. Others participating included Tasha Bateman, Isaac Maxwell, Luke Abrams, Ellen Budd, Amelia English, Edie Crompton, Ruben Wilson-Connell and Joseph Yee.



Ollie Bright (205) & Joseph Yee (404) at trials in Ladywell

Girls Cross Country

This is the first time ever that we have had so many girls in our group participate in cross-country events covering all age categories. Firstly the Girls Team hit the not so muddy fields in the early part of the season at Nonsuch Park, Epsom at the Surrey League, with our U15 girls coming in 10th place. This was a great start to the season with the girls continuing to participate in races throughout the season.

The first event on the London Youth Games 2017 calendar was fast approaching, with the LYG Cross Country competition on Saturday 19th November 2016 that took place at the legendary Parliament Hill in Hampstead Heath. There was a great turn out for Kent AC Girls as they proudly represented Lewisham.

Moving onto our second Surrey Ladies/Girls XC Match 2 at Mitcham Common, the weather was getting colder and the course getting slightly more muddy but we still had a good cross section of girls to compete. Again hard work and determination saw the girls fight their way through to the finish.

The Nationals is perhaps the pinnacle of Annual Cross Country Events, and being held in Nottingham this year, there was little chance of many attending the meet but we still had one attendee to represent Kent AC girls. Amelia English ran the National XC in Nottingham and although she stumbled over, she recovered and went on to complete the race.

The Girls Group exhibited great camaraderie helping and encouraging each other along and we have seen this to be the case in all races. It's great to see the rapid growth of the group and to witness serious running alongside good fun. *(Ted Aston)*



Amelia English, Eva Ellis, Ellen Budd & Edie Crompton

Age Gratings – Kent AC top 100

Our new stats and results editor, Alan Curtis, has been doing some excel magic with club data from Power of 10. Age grading compares a given performance with the theoretical world record for that distance by a person of that age and sex. There are men's and women's Age Standards for each event, which take the actual world record at a given point in time and show the equivalent expected time for different ages. The bottom line is 'Bigger is Better' - 100% is basically the world record. 50% means you took twice as long. Another way of saying it is the world record holder would have finished in x% of your time (where x=your Age Grading %). This enables some kind of comparison between runners across different events, ages and genders – really just how fast each runner is compared to their peers.

For the table below, all the Kent AC performances on Power of 10 from 1 September 2016 to 30 April 2017 were analysed, with the best age graded performance for each runner used for rankings. No surprise that our three Olympians top the rankings, but Owen, Shawn and Damien are right up there in the 90%+ club, with several others not far off.

A couple of health warnings – only standard distances are included, so very fast cross country times don't feature, and we don't currently have Age Standards for hurdles and field events. Also Power of 10 has now stopped showing athletes' dates of birth, so in some cases Alan has had to estimate date of birth from given age bands. If you are a couple of years older than estimated age you can probably add 1-2% to your grade! To improve accuracy for future versions you may wish to send Alan your date of birth, likewise contact him if you would prefer for your age not to be shown -

alanmcurtis@gmail.com

Name	Event	Date	Time	Est Age	Age Grade
1. Conrad Williams	Tom Jones Memorial (400)	28/04/2017	00:00:47	35	94.75%
2. Jack Green	British Athletics Indoor Team Trials (400)	11/02/2017	00:00:47	26	91.06%
3. Paul Pollock	Great South Run 10 (10M)	23/10/2016	00:48:21	31	91.00%
4. Owen Hind	NCAA D2 Indoor Track & Field Champs (3000)	11/03/2017	00:08:08	28	90.25%
5. Shawn Wright	BUCS Championships (400)	30/04/2017	00:00:48	23	90.16%
6. Damien Powell	BUCS Championships (100)	29/04/2017	00:00:11	23	90.06%
7. Chris Greenwood	Salford 10K (10K)	14/04/2017	00:31:44	43	89.81%
8. Luke Sargeant	Medway and Maidstone AC Open (100)	03/09/2016	00:00:11	29	89.00%
9. Nathan Brown	Southern Athletics League Division 3SE (100)	15/04/2017	00:00:11	25	88.52%
10. James Connor	Frankfurt Marathon (Mar)	30/10/2016	02:19:33	34	88.34%
11. Glenn Gray	Herne Hill Harriers Open (200)	01/04/2017	00:00:25	49	88.17%
12. Alex Yee	Dulwich parkrun # 251 (5k)	01/01/2017	00:14:32	20	87.75%
13. Amy Clements	Perkins Great Eastern Half Marathon (HM)	09/10/2016	01:15:13	34	87.28%
14. Russell Bentley	Vitality Reading Half Marathon (HM)	19/03/2017	01:07:34	35	86.85%
15. Oliver Bright	Virgin London Mini Marathon (3M)	23/04/2017	00:15:11	15	86.48%
16. Phil Sanders	Chichester Priory 10K (10K)	05/02/2017	00:33:26	44	85.90%
17. Oshane Witter	Southern Athletics League Division 3SE (100)	15/04/2017	00:00:11	27	85.88%
18. James Bowler	Brooks Paddock Wood Half Marathon (HM)	02/04/2017	01:09:11	37	85.40%
19. John Gilbert	Serpentine New Year's Day 10K (10K)	01/01/2017	00:31:44	36	85.29%
20. Neil Phillips	Kent AC 5000m Championships (5000)	15/09/2016	00:15:19	37	85.28%
21. Tom Mower	Dulwich parkrun # 267 (5k)	22/04/2017	00:15:12	35	84.80%
22. Stuart Beaney	Eastleigh 10K (10K)	19/03/2017	00:33:46	43	84.40%
23. Nicky Hayes	Bath Half Marathon (HM)	12/03/2017	01:33:29	55	84.35%
24. Lawrence Avery	Brooks Paddock Wood Half Marathon (HM)	02/04/2017	01:10:00	36	84.07%
25. Jonathan Tipper	Copenhagen Half Marathon (HM)	18/09/2016	01:10:06	35	83.71%
26. Israel Ajala	Southern Athletics League Division 3SE (100)	15/04/2017	00:00:12	20	83.53%
27. Che Compton	Virgin London Marathon (Mar)	23/04/2017	02:36:17	43	82.76%
28. Jordan Weaver	Stafford Half Marathon (HM)	19/03/2017	01:10:33	27	82.75%
29. Julian Spencer-Wood	Pegwell Bay parkrun # 188 (5k)	31/12/2016	00:19:57	65	82.23%

30. James Savage	Run Tatton Half Marathon (HM)	20/11/2016	01:11:19	34	82.08%
31. Luke Armitage	Kent AC 5000m Championships (5000)	15/09/2016	00:17:54	52	81.87%
32. Julian Gevers	Southwark parkrun # 169 (5k)	17/12/2016	00:17:29	49	81.85%
33. Teresa Murphy	Bandon 5 (5M)	01/01/2017	00:30:07	39	81.79%
34. Chris Minns	Kent AC 5000m Championships (5000)	15/09/2016	00:16:35	42	81.76%
35. Peter Lighting	Telford 10K (10K)	11/12/2016	00:33:13	36	81.49%
36. Robert Laing	Kent AC 5000m Championships (5000)	15/09/2016	00:16:19	39	81.25%
37. Kate Williams	Bath Half Marathon (HM)	12/03/2017	01:33:40	52	81.10%
38. William Pitt	Brooks Serpentine Last Friday 5K (5K)	28/04/2017	00:17:17	46	80.86%
39. John Cox	Kent AC 5000m Championships (5000)	15/09/2016	00:17:18	46	80.75%
40. Gareth Anderson	Kent AC 5000m Championships (5000)	15/09/2016	00:15:45	26	80.11%
41. Len Reilly	Virgin London Marathon (Mar)	23/04/2017	02:59:11	55	80.05%
42. Victoria Buck	BMAF & VAC Champs (400)	12/02/2017	00:01:07	42	80.01%
43. Tim Alexander	Brooks Paddock Wood Half Marathon (HM)	02/04/2017	01:14:06	37	79.73%
44. Stephen Thackeray	Dulwich parkrun # 263 (5k)	25/03/2017	00:16:40	39	79.51%
45. Joshua Penfold	Lee Valley U13 /U15 Pentathlon & Open (800)	26/03/2017	00:02:17	15	79.24%
46. Joe Hartley	Eastleigh 10K (10K)	19/03/2017	00:33:16	28	79.17%
47. John Rogers	Stretford parkrun # 66 (5k)	11/02/2017	00:17:28	44	78.78%
48. Anthony Johnson	Southern Athletics League Division 3SE (5000)	15/04/2017	00:16:18	34	78.63%
49. Andrew Dunwoody	Beckenham Place parkrun # 21 (5k)	15/04/2017	00:17:07	41	78.58%
50. Tom Webb	Self Transcendence 10K (10K)	26/11/2016	00:37:12	46	78.41%
51. Daniel Stauber	Roma Ostia Half Marathon (HM)	12/03/2017	01:14:28	31	78.40%
52. Ben Harding	Crystal Palace parkrun # 333 (5k)	15/04/2017	00:16:09	30	78.32%
53. Niall Robinson	Self Transcendence 10K (10K)	01/04/2017	00:33:46	29	78.06%
54. John Barron	Brooks Serpentine Last Friday 5K (5K)	28/04/2017	00:20:17	61	78.03%
55. Cath Stibbs	Dulwich parkrun # 233 (5k)	10/09/2016	00:19:39	42	77.59%
56. Bernie Hutchinson	Burgess parkrun # 222 (5k)	18/02/2017	00:20:13	60	77.59%
57. Ali Farrall	Hastings parkrun # 80 (5k)	22/10/2016	00:20:05	44	77.40%
58. Luke Abrams	Southwark parkrun # 184 (5k)	25/03/2017	00:17:36	15	77.36%
59. Sarah Young	Hilly Fields parkrun # 217 (5k)	01/10/2016	00:21:40	50	77.14%
60. Adrian Lowther	Great North Run (HM)	11/09/2016	01:16:08	35	77.08%
61. Dee O'Brien	Southwark parkrun # 186 (5k)	08/04/2017	00:19:47	42	77.07%
62. Jennifer Smith	Bath Half Marathon (HM)	12/03/2017	01:27:54	40	76.73%
63. Darryl Coulter	BAA 5K (5K)	15/04/2017	00:18:17	46	76.44%
64. Mick Barlow	Brooks Paddock Wood Half Marathon (HM)	02/04/2017	01:29:09	55	76.40%
65. Tim Lawrence	Virgin London Marathon (Mar)	23/04/2017	02:41:48	35	76.37%
66. Isaac Maxwell	Southwark parkrun # 184 (5k)	25/03/2017	00:17:35	16	76.18%
67. Matthew Moroney	Kent AC 5000m Championships (5000)	15/09/2016	00:16:57	35	76.08%
68. Tom Muddiman	Taunton Marathon (Mar)	02/04/2017	02:42:31	35	76.03%
69. Ron Taylor	Witham Boxing Day 5 (5M)	26/12/2016	00:27:36	29	75.85%
70. Calum Fraser	Kent AC 5000m Championships (5000)	15/09/2016	00:16:39	25	75.78%
71. Sarah Hanley	Chichester Priory 10K (10K)	05/02/2017	00:39:37	29	75.77%
72. Joseph Yee	Dulwich parkrun # 261 (5k)	11/03/2017	00:17:27	17	75.71%
73. Paul Crompton	Kent AC 5000m Championships (5000)	15/09/2016	00:18:56	49	75.57%
74. Glyn Parry	Fleet Pre-London Half Marathon (HM)	19/03/2017	01:18:37	38	75.49%
75. Samuel Rowlands	Southern Athletics League Division 3SE (1500)	15/04/2017	00:04:33	24	75.47%
76. Andrea Barber	Kent AC 5000m Championships (5000)	15/09/2016	00:21:23	47	75.27%
77. Barnaby Day	Brooks Paddock Wood Half Marathon (HM)	02/04/2017	01:17:50	34	75.20%

78. Neil Gordon-Orr	Self Transcendence 10K (10K)	26/11/2016	00:41:06	53	75.06%
79. Samuel Evans	Virgin London Marathon (Mar)	23/04/2017	02:43:57	24	74.99%
80. Adam Paterson	Virgin London Marathon (Mar)	23/04/2017	02:44:51	33	74.66%
81. Isabel Bradley	Shrewsbury parkrun # 146 (5k)	29/10/2016	00:19:25	19	74.51%
82. Alison Thomson	Canterbury 10 (10M)	22/01/2017	01:06:24	30	74.35%
83. Rowan Crichton	Yeovilton Easter Bunny 10K (10K)	17/04/2017	00:35:37	31	74.29%
84. Nicholas Ostrowski	Kent AC 5000m Championships (5000)	15/09/2016	00:17:11	33	74.25%
85. James Donaldson	Brooks Paddock Wood Half Marathon (HM)	02/04/2017	01:18:46	28	74.12%
86. Ronnie Haydon	Hilly Fields parkrun # 217 (5k)	01/10/2016	00:23:33	53	73.80%
87. Stuart Scott	Bromley parkrun # 347 (5k)	03/09/2016	00:19:34	50	73.72%
88. Asa Burnett	Dulwich parkrun # 235 (5k)	24/09/2016	00:17:11	25	73.42%
89. Sam O'Connell	Brooks Paddock Wood Half Marathon (HM)	02/04/2017	01:19:48	25	73.16%
90. Richard Elliot	Kent AC 5000m Championships (5000)	15/09/2016	00:17:47	36	72.91%
91. Lucas Zurdo	Herc. Wimbledon Young Athletes Meet. (1500)	09/04/2017	00:05:13	14	72.29%
92. Andrew Moreton	Kent AC 5000m Championships (5000)	15/09/2016	00:17:40	33	72.27%
93. Ben Cook	Burgess parkrun # 230 (5k)	15/04/2017	00:18:05	37	72.21%
94. Mark Hall	Hilly Fields parkrun # 223 (5k)	12/11/2016	00:17:33	27	71.89%
95. Jane Higgs	Durham parkrun # 277 (5k)	15/04/2017	00:20:03	25	71.88%
96. Penelope Teoh	Telford parkrun # 173 (5k)	08/10/2016	00:20:06	26	71.70%
97. Ben Smith	Beckenham Place parkrun # 21 (5k)	15/04/2017	00:18:34	39	71.37%
98. Alan Curtis	Kent AC 5000m Championships (5000)	15/09/2016	00:19:55	48	71.27%
99. Iain Love	Virgin London Marathon (Mar)	23/04/2017	02:57:49	40	71.10%
100. Terry Stephens	Dulwich parkrun # 256 (5k)	04/02/2017	00:18:18	36	70.86%

Results

CROSS COUNTRY

**Surrey Men's League Division 1,
Richmond Park, 15-Oct-16**

Juniors (2.8 miles)

3. Oliver Bright	00:15:15
16. Joseph Yee	00:16:18
27. Isaac Maxwell	00:16:47

Senior Men (5.6m)

2. Phil Sesemann	00:28:32
13. Neil Phillips	00:29:48
25. Rowan Crichton	00:30:31
28. Jonathan Tipper	00:30:40
30. Peter Lighting	00:30:43
32. Anthony Johnson	00:30:51
36. Adrian Lowther	00:31:03
39. Ben Hope	00:31:13
56. Daniel Ansell	00:31:56
58. Phil Sanders	00:32:05

60. Tim Alexander	00:32:08
62. Chris Minns	00:32:10
71. Tim Lawrence	00:32:30
75. Stuart Beaney	00:32:38
85. Calum Fraser	00:33:00
87. Nicholas Ostrowski	00:33:07
101. Ian Ellwood	00:33:31
108. Julian Gevers	00:33:52
127. Ben Smith	00:34:38
179. Ross Goulden	00:38:47
180. Paul Crompton	00:38:48
184. Liam Stogden	00:39:26
186. Julian Spencer-Wood	00:39:31
195. Neil Gordon-Orr	00:40:06
201. Bernie Hutchinson	00:41:22

**Surrey Men's League Division 1,
Coulson, 12-Nov-16**

Juniors (2.5 miles)

2. Joseph Yee	00:15:21
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33. Isaac Maxwell	00:16:50
34. Luke Abrams	00:16:53
<i>Senior Men (5m)</i>	
2. Nick Torry	00:28:55
4. John Gilbert	00:29:07
8. Neil Phillips	00:29:22
10. Richard Phillips	00:29:33
15. Jordan Weaver	00:29:59
19. Ben Hope	00:30:23
20. James Bowler	00:30:30
26. Peter Lighting	00:30:41
32. Daniel Ansell	00:30:59
35. Chris McGurk	00:31:31
44. Tim Lawrence	00:31:37
51. Phil Sanders	00:31:47
52. Anthony Johnson	00:31:48
55. Calum Fraser	00:32:06
56. Ron Taylor	00:32:07
57. Stuart Beaney	00:32:08
66. Niall Robinson	00:32:17

72. Chris Minns	00:32:27	196. Alan Curtis	00:39:09	19. Isabel Bradley	00:22:58
77. Tim Alexander	00:32:35	197. Gary Boodhna	00:39:11	69. Andrea Barber	00:24:47
86. Joe Hartley	00:32:57	200. Bernie Hutchinson	00:39:21	79. Lydia Blackmore	00:25:03
115. Che Compton	00:34:34	201. Neil Gordon-Orr	00:39:22	108. Beth Shakespeare	00:25:59
126. John Cox	00:35:20	207. Edgar Aston	00:40:57	Surrey Ladies' League, Croydon, 14 Jan 17	
146. Darryl Coulter	00:37:21	208. Hing Hung	00:41:17	<i>Juniors (2.5 miles)</i>	
161. Paul Crompton	00:38:24	Surrey Men's League Division 1, Wimbledon Common, 11 Feb 17		33. Amelia English	00:18:50
162. Adrian Dracup	00:38:27	<i>Juniors (2.5 miles)</i>		45. Edie Crompton	00:22:32
164. Liam Stogden	00:38:44	2. Oliver Bright		<i>Senior Women (5 miles)</i>	
185. Neil Gordon-Orr	00:42:38	23. Isaac Maxwell		9. Amy Clements	00:30:56
Surrey Men's League Division 1, Mitcham Common, 14-Jan-17		24. Luke Abrams		73. Isabel Bradley	00:35:21
<i>Juniors (2.5 miles)</i>		<i>Senior Men (5m)</i>		97. Bethanie Shakespeare	00:36:21
11. Joseph Yee	00:17:17	11. Neil Phillips		128. Laura McCrave	00:37:25
34. Isaac Maxwell	00:18:16	14. Chris Greenwood		193. Zuzana Nemeckova	00:40:22
<i>Senior Men (5m)</i>		16. James Bowler		214. Nicola Cartlidge	00:41:19
2. John Gilbert	00:27:37	24. Richard Phillips		222. Carol Grady	00:41:38
7. Max Nichols (2 nd claim)	00:28:30	31. Ben Harding		348. Kathy Sharpe	00:48:47
8. Richard Phillips (2C)	00:29:39	48. Gareth Anderson		364. Silvia Ferreira	00:49:51
11. Chris Greenwood	00:28:51	56. Tim Lawrence		379. Annabelle L Hadlow	00:51:23
13. Neil Phillips	00:29:00	58. Joe Hartley		Surrey Ladies' League, Coulsdon, 11 Feb 17 (4.7 miles)	
21. Jordan Weaver	00:29:23	59. Niall Robinson		2. Amy Clements	00:30:00
27. Gareth Anderson	00:29:51	62. Phil Sanders		19. Jane Higgs	00:32:20
28. Ben Harding	00:29:57	88. Tom Muddiman		38. Isabel Bradley	00:33:29
34. James Bowler	00:30:07	90. Chris Minns		58. Victoria Buck	00:34:26
35. Jonathan Tipper	00:30:09	93. Matthew Moroney		100. Kathryn Williams	00:36:13
40. Peter Lighting	00:30:20	103. Che Compton		115. Laura McCrave	00:36:39
44. Chris McGurk (2C)	00:30:38	107. Tim Alexander		171. Sarah Young	00:38:52
47. Phil Sanders	00:30:46	131. Arif Merali		182. Zuzana Nemeckova	00:39:34
48. Tim Lawrence	00:30:47	138. Ian Ellwood		207. Carol Grady	00:40:59
58. Stuart Beaney	00:31:04	159. Paul Crompton		298. Kathy Sharpe	00:48:05
64. Tom Muddiman	00:31:15	162. Gary Boodhna		306. Zoe Gaffen	00:48:58
75. Robert Laing	00:31:36	172. Bernie Hutchinson		312. Annabelle L Hadlow	00:49:43
81. Tim Alexander	00:31:43	175. Neil Gordon-Orr		English National Championships, Nottingham, 25 Feb 17	
82. Joe Hartley	00:31:44	Surrey Ladies' League, Nonsuch Park, 15 Oct 16 (6.3 miles)		<i>U13 Boys (3k)</i>	
90. Niall Robinson	00:32:05	2. Amy Clements		261. Lucas Zurdo	00:14:39
108. Julian Gevers	00:32:36	143. Lydia Blackmore		269. Jude Weekly	00:14:43
114. Chris Minns	00:32:42	230. Ronnie R Haydon		384. Guy Barnett	00:15:44
122. Che Compton	00:33:22	435. Annabelle L Hadlow		421. Oscar Zurdo	00:16:17
134. Matthew Moroney	00:33:47	Surrey Ladies' League, Mitcham Common, 3 Dec 16 (5.8 miles)		<i>U15 Boys (4.5k)</i>	
144. Ian Ellwood	00:34:08	5. Amy Clements		22. Oliver Bright	00:15:12
147. Luke Armitage	00:34:16				
156. Arif Merali	00:34:38				
169. Adrian Dracup	00:36:04				
182. Ross Goulden	00:37:25				
187. Paul Crompton	00:37:35				

<i>Senior men (12k)</i>		97. Jennifer Smith	00:34:48	17. Rowan Crichton	00:28:36
68. Russell Bentley	00:42:36	119. Cath Stibbs	00:35:32	18. Daniel Ansell	00:28:37
105. Jordan Weaver	00:43:22	136. Alison Thomson	00:36:03	26. Phil Sanders	00:29:07
110. Chris Greenwood	00:43:26	190. Victoria Buck	00:37:28	27. Adrian Lowther	00:29:11
125. Neil Phillips	00:43:44	245. Eliza Grant	00:38:43	28. Tim Lawrence	00:29:17
156. Dave Morgan	00:44:15	249. Kathryn Williams	00:38:50	29. Calum Fraser	00:29:26
200. Ben Harding	00:44:56	308. Ellie Brown	00:40:43	46. Joe Hartley	00:30:26
226. James Bowler	00:45:24	549. Kathy Sharpe	00:53:04	62. Arif Merali	00:31:28
265. Tim Alexander	00:46:03			70. John Cox	00:31:55
293. Joe Hartley	00:46:25	<i>U13 Boys (3k)</i>		73. Che Compton	00:32:30
294. Tim Lawrence	00:46:28	188. Jude Weekly	00:13:09	191. Ed Hadlow	00:46:48
433. Daniel Stauber	00:48:10	224. Lucas Zurdo	00:13:27		
519. Matthew Moroney	00:49:15	301. Oscar Zurdo	00:15:00	<i>Senior Women</i>	
627. Adam Paterson	00:50:42			3. Amy Clements	00:31:26
727. Ian Ellwood	00:51:49	<i>U15 Boys (4.5k)</i>		7. Teresa Murphy	00:33:20
769. Len Reilly	00:52:22	5. Oliver Bright	00:14:49	9. Isabel Bradley	00:33:59
787. Arif Merali	00:52:32			16. Jennifer Smith	00:35:20
988. Richard Archer	00:55:02	<i>Senior Men (15k)</i>		28. Lydia Blackmore	00:36:30
1266. Mick Barlow	00:59:11	36. Neil Phillips	00:52:24	32. Victoria Buck	00:36:56
1396. Neil Gordon-Orr	01:01:13	64. Dave Morgan	00:53:40	41. Eliza Grant	00:38:06
1397. Bernie Hutchinson	01:01:15	76. James Savage	00:54:16	53. Bethe Shakespeare	00:39:22
1442. Edgar Aston	01:02:18	111. Gareth Anderson	00:55:16	54. Sarah Young	00:39:28
		114. Jonathan Tipper	00:55:21	73. Ronnie R Haydon	00:43:12
<i>Senior Women (6k)</i>		124. Robert Laing	00:55:33	106. Annabelle L Hadlow	00:54:13
34. Amy Clements	00:31:39	138. Phil Sanders	00:55:51		
52. Isabel Bradley	00:26:14	179. Tim Alexander	00:57:06	South of Thames CCA 7.5, Beckenham Place Park, 17 Dec 16 (7.5 miles)	
143. Sarah Hanley	00:34:56	193. Tom Muddiman	00:57:27	2. Owen Hind	00:36:53
146. Teresa Murphy	00:34:59	196. Tim Lawrence	00:57:36	4. John Gilbert	00:37:39
157. Jennifer Smith	00:35:19	218. Daniel Stauber	00:57:59	10. Neil Phillips	00:38:59
170. Jane Higgs	00:35:35	226. Joe Hartley	00:58:06	11. Jordan Weaver	00:39:22
235. Victoria Buck	00:37:00	290. Calum Fraser	00:59:23	22. Jonathan Tipper	00:40:20
292. Eliza Grant	00:38:25	315. Niall Robinson	00:59:45	27. Phil Sanders	00:40:40
312. Kathryn Williams	00:38:44	356. Matthew Moroney	01:00:38	28. Peter Lighting	00:40:53
324. Lydia Blackmore	00:39:04	408. Tom Webb	01:01:36	29. Robert Laing	00:40:59
375. Amelia English	00:21:42	490. Arif Merali	01:03:11	32. Stuart Beaney	00:41:08
403. Sarah Young	00:40:32	544. Len Reilly	01:04:42	34. Daniel Stauber	00:41:11
477. Eloisa Brown	00:42:07	616. Tim Sharp	01:06:30	38. Rowan Crichton	00:41:31
754. Kathy Sharpe	00:53:56	702. Adrian Dracup	01:08:36	41. James Bowler	00:41:46
758. Annabelle L Hadlow	00:54:48	741. Liam Stogden	01:09:53	48. Chris Minns	00:42:18
		774. Darryl Coulter	01:10:48	50. Ben Harding	00:42:32
		823. Paul Crompton	01:11:49	51. Calum Fraser	00:42:33
		952. Neil Gordon-Orr	01:16:16	54. Niall Robinson	00:42:38
South of England AA Championships, Parliament Hill, 28 Jan 17				56. Joe Hartley	00:42:46
		South of Thames CCA 5, Polesden Lacy, 26 Nov 16 (5m)		77. Barnaby Day	00:44:26
<i>U20 women (6k)</i>		<i>Senior Men</i>		78. John Cox	00:44:33
14. Isabel Bradley	00:24:23	6. Neil Phillips	00:27:02	83. Tom Thain	00:44:56
		11. Dave Morgan	00:27:35	98. Richard Archer	00:47:01
<i>Senior women (8k)</i>		15. Peter Lighting	00:28:17	103. Arif Merali	00:47:23
18. Amy Clements	00:31:20				
64. Teresa Murphy	00:33:34				

107. Matt Green	00:47:44	59. Che Compton	00:45:23	London Schools' Championships, Wormwood Scrubs, 1 Feb 17	
114. Tim Sharp	00:48:11	67. Niall Robinson	00:46:18		
133. Adrian Dracup	00:50:15	68. Rowan Crichton	00:46:24	<i>U15 Boys (3.5k)</i>	
154. Paul Crompton	00:51:41	73. Matthew Moroney	00:46:37	1. Oliver Bright	00:11:04
160. Neil Gordon-Orr	00:52:16	85. Richard Elliot	00:47:41	4. Joshua Penfold	00:11:35
163. Alan Curtis	00:52:59	87. John Cox	00:47:44	36. Jude Weekly	00:13:23
168. Julian Spencer-Wood	00:54:57	143. Adrian Lowther	00:52:52	<i>U17 Boys (4.5k)</i>	
<i>Senior Women</i>		153. Liam Stogden	00:53:35	6. Joseph Yee	00:17:44
1. Amy Clements	00:43:02	165. Alan Curtis	00:55:31	<i>U15 Girls (3k)</i>	
9. Teresa Murphy	00:47:09	182. Edgar Aston	00:58:31	52. Amelia English	00:13:20
12. Jennifer Smith	00:48:51	206. Ed Hadlow	01:07:19		
24. Ali Farrall	00:50:43	<i>Senior Women (8k)</i>		London Schools' Year 7 and 8 Championships, Eltham, 7 Mar 17	
25. Victoria Buck	00:51:03	2. Amy Clements	00:31:20		
27. Lydia Blackmore	00:51:12	6. Teresa Murphy	00:33:09		
40. Kate Williams	00:52:53	13. Isabel Bradley	00:34:32	7. Jude Weekly	00:10:13
48. Eliza Grant	00:54:15	14. Jennifer Smith	00:34:40		
58. Sarah Young	00:55:52	23. Lydia Blackmore	00:35:19	English Schools' Championships, Norwich, 18 Mar 17	
61. Andrea Barber	00:55:58	29. Ali Farrall	00:35:35	<i>U15 boys (4k)</i>	
89. Annabelle L Hadlow	01:18:14	30. Sarah Hanley	00:35:39	7. Oliver Bright	00:12:43
Teams: men 1 st in 6 to score and 12 to score competition; women second in 6 to score.		39. Kathryn Williams	00:37:14	59. Joshua Penfold	00:13:28
		44. Bethanie Shakespeare	00:37:38	<i>Under 17 boys (6k)</i>	
		51. Nicky Hayes	00:38:45	184. Joseph Yee	00:20:35
		61. Sarah Young	00:39:42		
		74. Eloisa Brown	00:41:31		
		87. Nicola Cartlidge	00:43:22	London Youth Games, Parliament Hill, 19-Nov-16	
		112. Andrea Barber	00:53:58	<i>U15 Boys</i>	
		116. Annabelle L Hadlow	00:54:41	11. Leo Schenke	00:10:43
Kent County Championships, Brands Hatch, 7 Jan 17		South of England Masters' Champs, Oxford, 10 Dec 16 (10k)		38. Joshua Penfold	00:11:11
<i>U13 Boys (3.4k)</i>		5. Chris Greenwood (V40)	00:32:56	73. Isaac Maxwell	00:11:33
17. Jude Weekly	00:13:03	15. Phil Sanders (V40)	00:33:38	74. Luke Abrams	00:11:34
19. Lucas Zurdo	00:13:04	48. Che Compton (V40)	00:36:16	130. Oliver Bright	00:12:27
58. Guy Barnett	00:14:19	120. John Barron (V60)	00:43:46	<i>U17 Boys</i>	
75. Oscar Zurdo	00:15:18			29. Joseph Yee	00:16:57
<i>U17 Boys (6.5k)</i>				<i>U15 girls</i>	
33. Joseph Yee	00:24:44	V40 team finished 4 th		173. Edie Crompton	00:10:54
<i>Senior Men (12k)</i>		CAU Inter County Championships, Loughborough, 11 Mar 17			
1. John Gilbert	00:38:34	<i>U15 boys (4.5k)</i>		Kent County Masters' Championships, Dartford, 3 Dec 16	
9. Neil Phillips	00:39:55	17. Oliver Bright	00:16:11	<i>Women's 35-44 (5k)</i>	
15. Dave Morgan	00:40:55	<i>Senior men (12k)</i>		8. Jennifer Smith	00:18:54
19. Jonathan Tipper	00:41:23	84. Neil Phillips	00:41:57	14. Ali Farrall	00:19:41
23. Phil Sanders	00:41:52	<i>Senior women (8k)</i>		15. Victoria Buck	00:19:44
33. Chris Minns	00:42:48	186. Isabel Bradley	00:36:49	39. Nicola Cartlidge	00:24:35
34. Tim Lawrence	00:43:01			<i>Women's 45-54</i>	
36. Tim Alexander	00:43:17			12. Kathryn Williams	00:20:29
38. Stuart Beaney	00:43:23			14. Sarah Young	00:20:40
48. Ron Taylor	00:44:20			17. Andrea Barber	00:21:12
51. Joe Hartley	00:44:35				
57. Barnaby Day	00:44:58				

19. Nicky Hayes	00:21:28
23. Ronnie Haydon-Jones	00:22:25
<i>Women's 55-64</i>	
11. Zoe Gaffen	00:25:33
15. Annabelle L Hadlow	00:34:05
<i>Men's 40-49 (9k)</i>	
2. Christopher Greenwood	00:30:15
3. Phil Sanders	00:30:39
6. Chris Minns	00:31:26
8. Stuart Beaney	00:31:39
12. William Pitt	00:32:31
13. Tom Webb	00:32:42
16. Julian Gevers	00:33:07
23. John Cox	00:34:07
65. Alan Curtis	00:39:48
<i>Mens' 50-59 (9k)</i>	
8. Len Reilly	00:34:27
10. Luke Armitage	00:35:05
42. Neil Gordon-Orr	00:38:35
57. Edgar Aston	00:40:41
<i>Men's 60-69 (5k)</i>	
3. Julian Spencer-Wood	00:19:35
8. John Barron	00:20:07
<i>Men's 70+ (5k)</i>	
5. Ed Hadlow	00:25:03

British Athletics Cross Challenge U20, Liverpool, 26 Nov 16 (6.7k)

1. Alex Yee	00:20:11
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British Athletics Cross Challenge U20s (inc European Trials), Liverpool, 11 Dec 16 (6k)

11. Alex Yee	00:17:35
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Great Edinburgh Cross Country International U20s, 7 Jan 17 (6k)

17. Alex Yee	00:20:48
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SPAR European Cross Country Championships, Chia, Italy, 11 Dec 16

U20 men (6k)

11. Alex Yee	00:17:35
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Senior Men (9.94n)

36. Paul Pollock	00:29:42
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ROAD RUNNING

Run Hackney Half Marathon, 30 Apr 17

3. Lawrence Avery	01:11:04
10. Niall Robinson	01:14:52
50. Thomas Ballard	01:22:49
435. Mat Barber	01:32:27

Ranelagh Richmond Half, 30 Apr 17

4. Peter Lighting	01:13:49
73. Adrian Dracup	01:28:37
272. Paul Crompton	01:43:44

London Marathon, 23 Apr 17 (see page 23)

Boston (USA) Marathon, 17 Apr 17

1025. Che Compton	02:56:24
2925. Darryl Coulter	03:10:36

Boston (UK) Marathon, 17 Apr 17

78. Ted Aston (pictured)	03:24:24
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Salford 10K, 14 Apr 17

11. Christopher Greenwood	00:31:44
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Brighton Marathon, 9 Apr 17

8. Tom Mower	02:36:40
356. Katie Rowland	03:15:50
507. Thomas Ballard	03:24:41
6965. Karen Samuel	04:42:03

RunThrough Greenwich Park 10K, 9 Apr 17

1. Che Compton	00:34:30
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Rome Marathon, 2 Apr 17

88. Matthew Moroney	02:47:09
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Taunton Marathon, 2 Apr 17



1. Jonathan Tipper (above)	02:35:12
4. Tom Muddiman	02:42:31

ASICS Greater Manchester Marathon, 2 Apr 17

57. Joe Hartley	02:42:59
1610. Mat Barber	03:27:08
1649. Dan Hollas	03:27:42
1680. Daniel Bowers	03:28:11
1828. Eliza Grant	03:30:01
2168. Paul Crompton	03:35:48
3116. Liam Stogden	03:47:43
3390. Alan Curtis	03:51:01

Brooks Paddock Wood Half, 2 Apr 17

3. James Bowler	01:09:11
4. Chris Greenwood	01:09:53
6. Lawrence Avery	01:10:00
17. Peter Lighting	01:12:56
30. Tim Alexander	01:14:06
34. Stuart Beaney	01:14:32
45. Robert Laing	01:15:40
63. Barnaby Day	01:17:50
67. Gareth Anderson	01:18:11
78. James Donaldson	01:18:46
83. Che Compton	01:19:14
94. Sam O'Connell	01:19:48
118. John Cox	01:22:21
194. Darryl Coulter	01:27:41
235. Sarah Hanley	01:28:43
247. Mick Barlow	01:29:09
268. Victoria Buck	01:29:47
275. Ali Farrall	01:30:08
410. Neil Gordon-Orr	01:34:56
449. Daniel Rees	01:36:33
488. Edgar Aston	01:38:04
493. Sarah Young	01:38:09
576. James Royston	01:41:23
641. Omar Elhag	01:41:20

771. Ronnie R Haydon	01:46:18
884. Nicola Cartlidge	01:49:25
908. Anthony Williams	01:49:51
1049. Richard Archer	01:53:07
1482. Karen Samuel	02:06:11



Chris Greenwood & Lawrence Avery pick up 1st men's team medals at Paddock Wood (James Bowler made up scoring 3)

Validity Reading Half 19 Mar 17

12. Russell Bentley	01:07:34
49. Neil Phillips	01:11:35
55. Chris Greenwood	01:11:56
88. Che Compton	01:14:26

Brentwood Half Marathon, 19 Mar 17

1. James Connor	01:09:33
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Eastleigh 10K, 19 Mar 17



Joe, Stuart, Darryl

24. Joe Hartley	00:33:16
32. Stuart Beaney	00:33:46
208. Darryl Coulter	00:38:58

Stafford Half, 18 March 17

1. Jordan Weaver	01:10:33
114. Tim Sharp	01:28:04

Bath Half Marathon, 12 Mar 17

17. Lawrence Avery	01:11:36
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65. Amy Clements	01:15:45
183. Adam Paterson	01:22:02
245. Teresa Murphy	01:23:54
412. Jennifer Smith	01:27:54
511. Victoria Buck	01:29:34
772. Nicky Hayes	01:33:29
790. Kathryn Williams	01:33:40
1537. Edgar Aston	01:40:16

Lydd 20, 12 Mar 17

31. Darryl Coulter	02:15:24
42. Thomas Ballard	02:19:46
66. Ali Farrall	02:26:19

Validity North London Half Marathon, 12 Mar 17

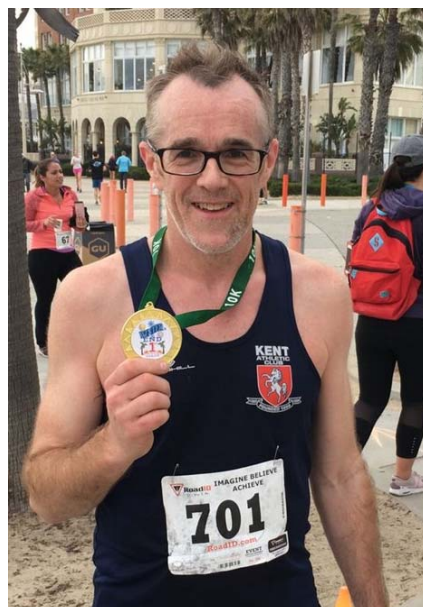
5. Jonathan Tipper	01:11:02
230. Ross Goulden	01:30:40

Trafford 10k, 5 Mar 17

54. Russell Bentley	00:31:12
108. Chris Greenwood	00:32:23
153. Lawrence Avery	00:33:35

Winters End 10k, Santa Monica, 5 March 2017

1. Paul Crompton	00:42:00
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Paul Crompton in LA

MK Festival of Running Half, 5 Mar 17

5. Joe Hartley	01:15:51
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MK Festival of Running 20m, 5 Mar 17

330. David Devlin	02:53:44
623. Paul Crompton	03:24:42

Essex 20m, Langham, 5 Mar 17

1. James Connor	01:49:09
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Brighton Half (146m short), 26 Feb 17

1. Jonathan Tipper	01:08:37
19. Che Compton	01:13:07
30. Niall Robinson	01:15:14
80. Matthew Moroney	01:20:35
90. Daniel Pinn	01:21:32

Tunbridge Wells Half, 19 Feb 17

1. James Connor (pictured)	01:08:50
31. Sam O'Connell	01:21:58
55. Ben Smith	01:26:45
141. Ali Farrall	01:32:12
303. Edgar Aston	01:39:25
457. Sarah Young	01:44:09
525. Ronnie R Haydon	01:46:07
1322. Karen Samuel	02:14:12



Hampton Court Half, 19 Feb 17

322. David Devlin	01:31:46
365. Gary Boodhna	01:33:09
393. Paul Crompton	01:34:03
587. Nicky Hayes	01:36:57
637. Eliza Grant	01:37:20
1106. Dan Hollas	01:41:58
1763. Zuzana Nemeckova	01:51:54

Beppu-Oita Mainichi Marathon, Japan, 5 Mar 17

18. Paul Pollock	02:15:30
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Great Bentley Half Marathon, 5 Feb 17

1. James Connor 01:08:38

Chichester Priory 10K, 5 Feb 17

20. Phil Sanders 00:33:26
 31. Stuart Beaney 00:34:23
 55. William Pitt 00:36:17
 140. Sarah Hanley 00:39:37
 141. Rowan Crichton 00:39:37

Canterbury 10, 22 Jan 17

27. James Donaldson 01:00:58
 63. Teresa Murphy 01:03:57
 101. Darryl Coulter 01:05:58
 109. Alison Thomson 01:06:24
 147. Ali Farrall 01:08:14
 164. Victoria Buck 01:08:58
 270. Kathryn Williams 01:13:10
 302. Edgar Aston 01:14:38
 323. Hing Hung 01:15:11

Serpentine New Year's Day 10K, Hyde Park, 1 Jan 17

4. Russell Bentley 00:31:35
 5. John Gilbert 00:31:44

Togher 5k, Cork, 27 Dec 16

3. Teresa Murphy 00:18:16

**Greenwich Park 10K, 18 Dec 16**

2. Che Compton 00:36:19

12. James Donaldson 00:39:07
 62. Andrea Barber 00:45:24
 70. Paul Crompton 00:45:54
 138. Laura McCrave 00:49:48
 206. Ellie Brown 00:53:03

Telford 10K, 11 Dec 16

41. Russell Bentley 00:31:08
 102. Peter Lighting 00:33:13

Milton Keynes Winter Half 11 Dec 16

100. Marcus Karia 01:28:03

Dymchurch Marathon, 3 Dec 16

3. Darryl Coulter 03:15:27

Self Transcendence 10K, Battersea, 26 Nov 16

17. Stuart Beaney 00:34:19
 34. William Pitt 00:36:29
 42. Tom Webb 00:37:12
 71. Neil Gordon-Orr 00:41:06

Victoria Park 10K, 19 Nov 16

2. Joe Hartley 00:38:17
 6. Marcus Karia 00:39:30
 8. Adrian Dracup 00:39:52
 11. Paul Crompton 00:41:14
 18. John Barron 00:43:20
 23. Daniel Bowers 00:44:02
 24. Dan Hollas 00:43:59
 25. Andrea Barber 00:44:17
 38. Ian Mizen 00:46:31
 39. Robert Tharle 00:46:33

IAU 50K World Champs, 11 Nov 16

20. Amy Clements 03:26:17

New York City Marathon, 6 Nov 16

1239. Sarah Hanley 03:05:20
 2263. Darryl Coulter 03:16:21

Leeds Abbey Dash 10K, 6 Nov 16

5. Paul Pollock 00:29:29

Dublin Marathon, 30 Oct 16

2274. Mat Barber 03:28:16
 2331. David Devlin 03:27:11

River Thames Half, 30 Oct 16

11. Che Compton 01:19:21
 157. Paul Crompton 01:34:36
 208. Neil Gordon-Orr 01:37:10
 270. Andrea Barber 01:39:44
 326. Sheryl Clark 01:39:31
 510. Ian Mizen 01:46:58
 974. Adrian Young 01:58:11

Frankfurt Marathon, 30 Oct 16

15. James Connor 02:19:33
 923. Thomas Thain 02:58:05

Snowdonia Marathon, 29 Oct 16

1. Russell Bentley 02:35:05



(Russell now lives in Wales and runs there for Eyri Harriers, while still running for Kent in England, but we are going to claim this for Kent two years in a row as John Gilbert won in 2015)

Eastbourne Beachy Head 10k, 29 Oct 16

3. Laura McCrave 00:46:40



Petts Wood 10K, 9 Oct 16

46. Paul Crompton	00:42:20
66. Alan Curtis	00:43:59
88. John Barron	00:45:13
106. Andrea Barber	00:46:16
110. Daniel Bowers	00:46:33

Great Eastern Half, 9 Oct 16

10. Jonathan Tipper	01:10:31
33. Phil Sanders	01:14:41
39. Amy Clements	01:15:13
127. Ian Ellwood	01:21:44
208. Teresa Murphy	01:25:34
227. Sarah Hanley	01:26:20
1136. Edgar Aston	01:47:34

Amy was 2nd woman (and 1st UK woman) leading Kent AC women home to 1st team along with Teresa and Sarah.

Chicago Marathon, 9 Oct 16

Darryl, Matt, Lawrence

57. Lawrence Avery	02:30:00
257. Matthew Moroney	02:46:43
1204. Darryl Coulter	03:03:41

Pleshey & Essex Half, 2 Oct 16

1. James Connor	01:07:44
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Bournemouth Marathon, 2 Oct 16

751. Eric Glover	04:04:43
1587. Veronica Norcross	04:57:55

Cardiff Half Marathon, 2 Oct 16

10. Paul Pollock	01:05:54
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Great Bristol Half, 25 Sep 16

1. James Connor	01:07:54
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Ealing Half Marathon, 25 Sep 16

42. Che Compton	01:21:50
55. Thomas Thain	01:22:44
141. Darryl Coulter	01:28:06

Run Reigate Half, 18 Sep 16

83. Darryl Coulter	01:29:50
285. David Devlin	01:39:51
286. Andrea Barber	01:39:49
362. Paul Crompton	01:43:35

Richmond Marathon, 18 Sep 16

1 Amy Clements	02:57:17
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**Great North Run, 11 Sep 16**

85. Adrian Lowther	01:16:08
8244. Heather Taylor	01:56:37

Beckenham Half, 11 Sep 16

1. Robert Laing	01:20:28
128. Jim Wai	01:58:41

Stockholm Halvmarathon, 10 Sep 16

14. Lawrence Avery	01:14:16
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Middlesex 10K, Victoria Park, 4 Sep 16

1. James Connor	00:31:12
9. Gareth Anderson	00:33:24
90. Teresa Murphy	00:38:55
129. Cath Stibbs	00:41:25
135. Mat Barber	00:41:41

Women's Running 10k, Finsbury Park, 25 Sep 16

1. Jen Smith	00:42:41
4. Andrea Barber	00:46:51



Andrea and Jen

ROAD RELAYS**Southern 6/4/3 Stage Road Relays, Bedford, 25 Sep 16**

(figures in brackets = position at end of leg)

Senior Men (6k)**Kent AC A**

Chris Greenwood (16)	00:18:10
James Bowler (16)	00:18:40
Jonathan Tipper (15)	00:18:51
Lawrence Avery (13)	00:19:12
Adrian Lowther (13)	00:19:04
Neil Phillips (11)	00:18:42

(team 11th place out of 55 teams)

Kent AC B

Rowan Critchton (39)	00:18:53
Daniel Stauber (31)	00:19:24
Matthew Moroney (29)	00:19:54
Joe Hartley (929)	00:20:19
Calum Fraser (25)	00:19:47
Peter Lighting (23)	00:19:43

(team 23rd place)

Senior women (4.5k)

Cath Stibbs (30)	00:17:57
Teresa Murphy (10)	00:17:07
Sarah Hanley (14)	00:17:37
Amy Clements (9)	00:16:02

(team 9th place)

Masters 40-49 (6K)

Christopher Greenwood	00:18:57
Phil Sanders	00:19:58
Stuart Beaney	00:21:03
John Cox	00:20:45

(team 1st place)

<i>Masters 50-59 (6k)</i>		<i>Short legs</i>		1. Isabel Bradley (17) 00:16:49	
		2. Ben Harding (6) 00:13:32		3. Ali Farrell (16) 00:17:23	
		4. Lawrence Avery (3) 00:13:30		5. Victoria Buck (9) 00:17:16	
Len Reilly	00:21:47	6. Tim Alexander (4) 00:14:34		6. Lydia Blackmore (9) 00:17:25	
Luke Armitage	00:22:34	8. Rob Laing (4) 00:14:25		<i>Long Legs</i>	
Neil Gordon-Orr	00:24:09	10. Stuart Beaney (4) 00:14:41		2. Teresa Murphy (14) 00:24:46	
Bernie Hutchinson	00:27:38	12. Joe Hartley (5) 00:13:44		4. Amy Clements (8) 00:22:32	
(Team 5th Place)		Team: 5th out of 53 starters in 3 hours 27 min 18secs		6. Lydia Blackmore (9) 00:17:25	
<i>Masters 60-69 (6k)</i>		<i>B Team</i>		Team 9th place	
John Barron	00:24:56	<i>Long Legs</i>		National 12 Stage Road Relays, Sutton Park April 2017	
Bernie Hutchinson	00:25:00	1. Tim Lawrence (32) 00:21:59		<i>A Team</i>	
Peter Boxshall	00:25:30	3. Calum Fraser (24) 00:22:15		<i>Long Legs</i>	
Julian Spencer-Wood	00:24:39	5. Chris Minns (22) 00:22:29		1. Russell Bentley (223) 00:27:42	
(Team 2nd place)		7. Niall Robinson (18) 00:22:00		3. James Bowler (16) 00:27:46	
ERRA Men's National 6-Stage Relays, Sutton Park, 8 Oct 16 (5.8k)		9. Tom Muddiman (15) 00:22:04		5. Alex Yee (7) 00:25:37	
<i>A Team</i>		11. John Gilbert (15) 00:20:54		7. Chris Greenwood (4) 00:27:26	
1. Chris Greenwood (41) 00:18:33		<i>Short legs</i>		9. Jordan Weaver (3) 00:28:03	
2. . James Connor (23) 00:18:01		2. Anthony Johnson (26) 00:14:18		11. Neil Phillisp (5) 00:28:07	
3.. James Bowler (22) 00:18:43		4. Rowan Critchton (22) 00:14:45		<i>Short Legs</i>	
4. Adrian Lowther (30) 00:19:16		6. Matt Moroney (17) 00:14:32		2. Ben Harding (17) 00:15:54	
5.. Daniel Ansell (37) 00:20:18		8. Adrian Lowther (16) 00:14:25		4. Jonathan Tipper (15) 00:16:20	
6. Neil Phillips (35) 00:19:12		10. Sam Rowlands (15) 00:14:47		6. John Gilbert (4) 00:15:51	
(Team 35 th Place)		12. Pete Lighting (15) 00:14:41		8. James Savage (3) 00:16:44	
<i>B Team</i>		Team: 15th out of 53 starters in 3 hours 39 min 09 secs – 1 st B Team		10. Anthony Johnson (5) 00:17:03	
1.. Tim Lawrence (76) 00:19:38		<i>C team</i>		12. Adrian Lowther (7) 00:16:53	
2. Chris Minns (76) 00:19:55		<i>Long Legs</i>		(Team 7 th place)	
3. Lawrence Avery (72) 00:19:45		1. Barney Day (36) 00:22:35		<i>'B' Team</i>	
4. Joe Hartley (71) 00:20:12		3. John Cox (39) 00:23:25		<i>Long Legs</i>	
5. Mark Hall (68) 00:20:31		5. Nick Ostrowski (37) 00:23:02		1. Stuart Bentley (53) 00:30:07	
6. Stephen Compton (66) 00:20:08		7. Ben Smith (36) 00:23:25		3. Tim Lawrence (50) 00:30:17	
Southern 12 Stage Road Relay, Gravesend, 5th March 2017		9. Tom Webb (35) 00:23:56		5. Che Compton (42) 00:29:37	
<i>Senior Men (12 Stage)</i>		11. Ian Ellwood (31) 00:24:07		7. Calum Fraser (39) 00:30:34	
<i>A Team</i>		<i>Short legs</i>		9. Pete Lighting (37) 00:29:58	
<i>Long Legs</i>		2. Adam Garcia (40) 00:15:29		11. Tim Alexander (37) 00:30:28	
1. Chris Greenwood (12) 00:20:23		4. Richard Archer (40) 00:15:50		<i>Short Legs</i>	
3. James Bowler (5) 00:20:26		6. Arif Merali (36) 00:15:36		2. Gareth Anderson (53) 00:15:54	
5. Jordan Weaver (3) 00:20:19		8. Darryl Coulter (36) 00:16:07		4. Matt Moroney (47) 00:18:10	
7. James Connor (4) 00:20:00		10. Jules Gevers (33) 00:15:07		6. Tom Muddiman (40) 00:17:26	
9. Jonathan Tipper (4) 00:20:58		12. Len Reilly (32) 00:15:54		8. Joe Hartley (38) 00:16:42	
11. Neil Phillips (4) 00:20:46		Team: 32nd out of 53 starters in 3 hours 54 mins 33secs		10. Sam Rowland (36) 00:17:43	
		<i>Senior Women (6 Stage)</i>		12. Ben Smith (37) 00:18:06	
		<i>Short legs:</i>			

TRACK**SCVAC Championship, Lee Valley, 19 Feb 17***200 M45*

1. Glenn Gray 25.89

60H M35 M45

2. Glenn Gray 10.63

Herne Hill Harriers Open, Tooting, 1 Apr 17*200 SX 3*

1. Glenn Gray 25.24

British Masters Championships, Lee Valley, 11-12 March 2017*200 M45*

5. Glenn Gray 26.15

200 M45 2

2. Glenn Gray 25.76

60 Hurdles M35 M45

1. Joe Appiah 8.46

3. Glenn Gray 9.87

Crystal Palace Open, 4 January 2017*60 SM 1.3*

3. Max Harbord 07:34

60 SM 2.3

3. Max Harbord 07:29

Crystal Palace Open, 1 February 2017*60 SM 1.6*

3. Glenn Gray V45 8.22

60 SM 2.7

1. Glenn Gray V45 8.28

Kent County Championships, Lee Valley, 18/19 March 17*60 SM*

1. Darren Green 07:08

60 SM heat 1

1. Darren Green 07:08

60 U20M H1

4. Max Harbord 07.60

Newham Athletics Network 60m Open, 15 Feb 2017*60 SM 2.6*

3. Luke Sargeant 7:16

Lee Valley U13/U15 Open, 26 March 2017*800m*

5. Joshua Penfold 2:17:41

South of England AA U20/senior Champs Lee Valley 14-15 Jan 17*60m SM h1*

4. Luke Sargeant 07:29

60 U20M h5

4. Max Harbord 07:38

England Masters Inter Area Match, Lee Valley, 26 Feb 17*V45 3000m*

4. Darryl Coulter 00:10:42.74

V45 1500m

6. Darryl Coulter 00:05:01.70

V45 800m

7. Darryl Coulter 00:02:29.09

*(Darryl was running for N.Ireland)***World Masters Championships, Daegu, S.Korea, 20-24 Mar 17***V45 60m final*

3. Joe Appiah 00:07.30

V45 60m hurdles final

1. Joe Appiah 00:08:42

Inter Varsity Meeting, Lee Valley, 1 Feb 17*60m*

2. Shawn Wright 00:07.25

400m

2. Shawn Wright 00:49.59

Midland Champs, Birmingham, 12 Feb 17*60m*

7. Luke Sargeant 00:07.22

(results only show Kent runners, full results for most races can be seen on 'power of 10'. Sorry if we missed your great run, we haven't got room for everything!).

Kent Athletic Club, web: <http://www.kentac.org.uk/> twitter: @Kent_AC <https://www.facebook.com/groups/KentAC/> (closed group for members)

The newsletter is published twice yearly. This issue covers the Autumn – Spring cross country, road running and indoor athletics seasons from October 2016 up to the end of April 2017. The next issue will cover the summer season – so watch out for reports of British Athletics League, Southern Athletics League, Assembly League, club championships and other track, field and road adventures. Please send any reports, photos, news, articles or ideas to the newsletter editor, Neil Gordon-Orr (neilgordonorr@gmail.com)